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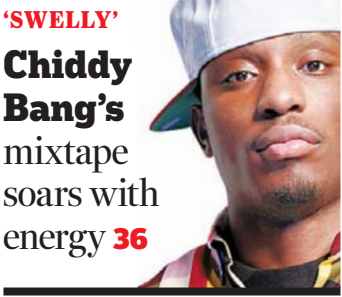
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**Tuesday**



**'IT'S DISGUSTING'**  
**Anti-gay remarks**  
**haunt** candidate for  
New York governor **3**

**BOTCHED MISSION?**  
**U.S. grenade may**  
**have killed** a Briton  
held in Afghanistan **8**



**'SWELLY'**  
**Chiddy**  
**Bang's**  
mixtape  
soars with  
energy **36**

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FOR EXTENDED FORECAST, SEE PAGE 41

OCTOBER 12, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



# ALMOST HOME

**RESCUE ON TRACK:**  
**Chile prepares to pull 33**  
**trapped miners back to**  
**the surface, but will they**  
**be ready for the world**  
**that awaits them? 11**

Miners' relatives thank U.S. drill operator Matt Staffel after hearing that a rescue shaft had reached the trapped Chilean miners Saturday. The miners could be pulled to safety Wednesday.



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eye openers

“We want to ask him if he wants to become the godfather of our rhino so that he can create awareness worldwide about rhino poaching.”



— **ANDRE SNYMAN** OF EBLOCKWATCH. THE SOUTH AFRICAN ORGANIZATION WANTS 50 CENT TO GODFATHER A RHINO WHO, LIKE THE RAPPER, SURVIVED BEING SHOT NINE TIMES.

## 11/11/11 and 12/12/12 Taking Reservations Now

Proud parents in Cleveland are thinking of their baby as a perfect 10 — partly because of the way he arrived over the weekend. Kolsyn Liam Healy was born at 10:10 a.m. on Sunday, Oct. 10. That made it 10/10/10 on the calendar. The father, Nicholas Healy, said he expects 10 will be his son’s lucky number. (AP)

## Namers Take High Road

Salisbury, Mass., has a new sewage pump-out boat, and its name is more than just clever: It’s also good advice. The vessel’s unglamorous job is to travel from boat to boat and pump out on-board septic systems. Harbormaster Ray Pike says the town’s harbor commission got hundreds of suggestions for the boat’s name but settled on Down Winder. (AP)

## The Big Picture



**A HERD OF SHEEP** graze on temporary turf that was been placed on Savile Row in central London on Monday. The event was meant to promote the use of English wool, and took place on the street that is traditionally connected with British tailoring and fine clothing. (GETTY)

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before



after



## In Brief

## HICKORY, N.C.

**Police Dogs Detect Smell of Human Remains in N.C.**

Police dogs detected the smell of human remains on two cars at the home of



Zahara Clare

a missing girl who has bone cancer and a prosthetic leg, a search warrant said Monday. The document filed in a Hickory court didn't indicate that police found any remains in their search, which was conducted Sunday night. The warrant said the dogs detected the smell on a sedan and SUV belonging to the father and stepmother. (AP)

## WASHINGTON

**President Touts \$50B Transportation Proposal**

President Obama on Monday lobbied for Republican support from Capitol Hill for a burst of spending on transportation projects, calling his proposal a jobs creator for the middle class and an overdue investment in the country's foundation. Obama is proposing a \$50 billion plan as an initial step toward a six-year program of building, fixing or maintaining thousands of miles of roads, rail lines and airport runways along with installing a new air navigation system. (AP)

# Paladino Defends Gay Remarks

N.Y. GOP candidate creates uproar with jabs at homosexuals

## New York

Carl Paladino, the volatile GOP candidate for governor of New York, on Monday refused to step back from his inflammatory comments disparaging gays over the weekend, saying that children should not attend gay pride parades because they featured men in bikinis "grinding at each other and doing these gyrations."

"I don't think that's proper; I think it's disgusting," Paladino told NBC's "Today."

In appearances before Orthodox Jewish groups Sunday in Brooklyn, the Buffalo developer and tea party-backed candidate created an uproar by saying that children should not be "brainwashed into thinking that homosexuality is acceptable." He also took a swipe at his opponent, Attorney General Andrew Cuomo, for marching in a gay pride parade with his children.

His remarks came as the state



GOP candidate Carl Paladino marches in New York City's Columbus Day Parade.

**"I only have one problem with homosexuality, and that's their desire to be married."**

— GOP CANDIDATE CARL PALADINO, ON ABC'S MONDAY EDITION OF "GOOD MORNING AMERICA" IN RESPONSE TO THE BACKLASH FOR HIS ANTI-GAY REMARKS ON SUNDAY.

was still absorbing the news that nine young men had lured a gay man and two teenagers to a building and for hours savagely beat, tortured and raped them with a

baseball bat.

The National Gay and Lesbian Task Force denounced Paladino's comments as "hurtful and dangerous ... in a time when anti-

## Backstory

Carl Paladino's remarks Sunday came at a synagogue in Brooklyn's Williamsburg section as he tried to strike a contrast between himself and opponent Attorney General Andrew Cuomo. Paladino said that he chose not to march in this summer's gay pride parade but that his opponent did. "That's not how God created us," Paladino said of being gay, "and that's not the example that we should be showing our children." (AP)

lesbian, gay, bisexual and transgender violence has risen in New York City."

Cuomo's campaign called Paladino's remarks evidence of "stunning homophobia and a glaring disregard for basic equality. These comments along with other views he has espoused make it clear that he is way out of the mainstream and is unfit to represent New York."

Paladino said this morning that although he does not support gay marriage, he is not a bigot and that he would hire gays. LOIS ROMANO (THE WASHINGTON POST)



**Repairing Windows:** Microsoft Corp. knows the cell phone world is where it's happening, and it's determined to be a part of it. After years of declining sales of phones based on Microsoft's Windows Mobile software, the company is starting with a fresh slate — a completely new operating system for phones. The new handsets will go up against Apple Inc.'s iPhone and the expanding number of phones running on Google Inc.'s Android operating system. (AP)

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## Nation

# MIT Scholar Wins Nobel

## Economist receives award for research on unemployment

### Washington

The Nobel Memorial Prize in Economic Sciences was awarded Monday to three economists who did pioneering research on unemployment that led to better understanding of the factors that can keep people out of work.

Peter Diamond, one of the recipients of the prize, was nominated by President Obama earlier this year to serve on the Federal Reserve Board of Governors. Diamond, 70, is a professor at the Massachusetts Institute of Technology. The other American recipient is Dale Mortensen of Northwestern University. Christopher Pissarides of the London School of Economics also received the prize.



STEPHAN SAVOIA/AP

**The nomination process for Peter Diamond to the Fed Board is pending.**

Obama praised the Americans on Monday and said of Diamond's nomination: "I congratulate Peter Diamond and Dale Mortensen on winning the Nobel Prize in economics for their groundbreaking economic research that has applications in a wide range of areas, like unemployment and housing, where we

need our best and brightest minds.

"I have nominated Peter to the Board of Governors of the Federal Reserve to help bring his extraordinary expertise to our economic recovery. I hope he will be confirmed by the Senate as quickly as possible."

The Senate has not held a vote to confirm Diamond. Sen. Richard Shelby, R-Ala., is holding up the nomination, arguing that Diamond may be unqualified to serve at the Fed given that his background is not in monetary policy.

The economists' work has particular relevance in the current economic moment, with sky-high joblessness in the U.S.

The scholars' research has helped explain the inner workings of the labor market, including why, in a deep economic downturn, unemployment can become entrenched for many years.

NEIL IRWIN (THE WASHINGTON POST)

**\$467M** **The amount** California spent on first-year dropouts from 2003 to 2008 in grants and funding to state colleges and universities, according to a report by the American Institutes for Research. (AP)

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## Advances



**VIRGIN GALACTIC'S** space tourism rocket SpaceShipTwo achieved its first solo glide flight Sunday, marking another step in the company's plan to fly paying passengers someday. After the separation, SpaceShipTwo, manned by two pilots, flew freely for 11 minutes before landing. The entire test flight lasted about 25 minutes. (AP)

# DOJ Defends Stolen Valor Act

## Law banning lying about military service may go to high court

Denver

The Justice Department is battling to save a federal law that makes it illegal to lie about being a war hero, appealing two court rulings that the statute is an unconstitutional muzzle on free speech.

The fight could be carried all the way to the U.S. Supreme Court, where it would face an uncertain fate, legal analysts said.

"This is a Supreme Court that is

friendly to parties asserting speech rights and skeptical about restrictions on those rights," said Kannon Shanmugam, a former Justice Department official.

Supporters of the law take the opposite view.

"It could wind up being the kind of landmark decision that the Supreme Court is going to have to give very serious and very broad consideration to," said Doug Stern, a military historian.

The Stolen Valor Act makes it a crime punishable by up to a year in jail to falsely claim to have won a military medal, whether or not an impostor seeks financial gain.



Rick Glen Strand of falsely claimed that he won the Purple Heart and Silver Star.

A three-judge panel of the 9th U.S. Circuit Court of Appeals in San Francisco and a federal district court in Denver have both

ruled the law is unconstitutional on First Amendment grounds.

Last week, government lawyers in California asked the full 9th Circuit to reconsider the ruling, calling it a decision of "exceptional importance."

The bill's author in Congress, Colorado Democratic Rep. John Salazar, defended the law and said the rulings against it were misguided.

"You go out and you sacrifice and you earn these awards because of heroism. If somebody comes and tries to act like a hero, it kind of degrades what they did," he said.

DAN ELLIOTT (AP)

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# Details Hazy in Botched Rescue

NATO: U.S. grenade, not captors', might have killed woman

Kabul, Afghanistan

At first, NATO blamed a Taliban bomb for the death of a captive British aid worker during an American rescue attempt in eastern Afghanistan.

Two days later, the coalition changed its account, saying Monday that U.S. forces may have detonated a grenade that killed British aid worker Linda Norgrove during the operation to free her.

British Prime Minister David Cameron defended Friday's rescue mission, saying his government authorized it only after learning that Norgrove's life was in grave danger. The U.S. military, which carried out the raid because the aid worker was being held in a region under American command, said it would investigate the incident with British cooperation.

In Brussels, NATO Secretary-General Anders Fogh Rasmussen emphasized that "whatever happened, I would like to stress that those who are responsible, of course, are the captors."

The U.S.-led NATO force has historically been slow to acknowledge friendly-fire deaths in Afghan-



U.S. troops carried out Friday's unsuccessful attempt to rescue Linda Norgrove.

**"We must get to the bottom of what happened, first of all, so the family ... knows exactly how their wonderful daughter died."**

— BRITISH PRIME MINISTER DAVID CAMERON, SPEAKING MONDAY ABOUT THE DEATH OF LINDA NORGROVE, A BRITISH AID WORKER IN AFGHANISTAN.

istan. Drawn-out investigations mean findings can come weeks or months after an incident. But

Backstory



**Linda Norgrove**, 36, from Scotland's Isle of Lewis, was working in Afghanistan on a U.S.-funded aid project for Development Alternatives Inc., a Bethesda, Md.-based organization. She was abducted Sept. 26 while driving in Kunar province, Afghan officials said. She was to oversee projects in the area. Three Afghan colleagues were also captured but were released. Norgrove died Friday during NATO rescue efforts. (AP)

Echoes of the Past

IN SEPTEMBER 2009, a NATO mission to rescue a Briton resulted in bloodshed as well. Stephen Farrell, a reporter for the New York Times from the U.K., and Sultan Munadi, an Afghan journalist and interpreter, were taken hostage when they went to cover the aftermath of a NATO airstrike. Munadi and a British commando died in the raid that rescued Farrell. (AP)

an increased focus on preventing civilian deaths has led NATO over the past year to push for quicker reporting on mistakes.

Norgrove died Friday night when U.S. special forces stormed the Taliban compound where she was being held in Kunar.

The rescue mission leader saw surveillance footage of the incident, had discussions with other team members and decided "it was not conclusive what the cause of her death was," said Lt. Col. John Dorrian, a NATO spokesman.

Cameron said Norgrove's family had been kept informed of the decision, which was made by Foreign Secretary William Hague with his support. Norgrove's father, John, said the family had no comment.

HEIDI VOGT AND ROBERT KENNEDY (AP)

In Brief



Joan Sutherland was dubbed "La Stupenda" after a performance in 1960.

GENEVA

Beloved Opera Soprano Sutherland Dies at 83

Joan Sutherland, one of opera's most heralded sopranos, died Sunday at her home near Geneva, after what was described as a long illness. Her career spanned four decades and won her praise as the successor to legend Maria Callas. She was 83. (AP)

TEHRAN, IRAN

2 Arrested for Interview Involving Convict's Son

Iranian authorities arrested two foreigners interviewing the son of Sakineh Mohammadi Ashtiani, who could face death by stoning on an adultery conviction, the state news agency reported Monday. (AP)

JOHANNESBURG

Acquittal in Abuse Case At Winfrey's School

A woman accused of trying to kiss and fondle teens at Oprah Winfrey's school for girls in South Africa was acquitted Monday. Winfrey said she was "profoundly disappointed" by the trial's outcome. (AP)



**To Russia, With Gov.:** California Gov. Arnold Schwarzenegger extolled Russia on Monday as a "gold mine" for foreign investors, but some U.S. high-tech executives in tow during his visit to Moscow remained wary. Schwarzenegger brought a delegation of business leaders and venture capitalists to promote connections with Russia, which is striving to create a Silicon Valley-style technological hub in the Moscow suburb of Skolkovo. (AP)



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# Top Official Held in Sludge Probe

Hungary is mulling takeover of company behind toxic flood

## Devecser, Hungary

Police detained the director of the aluminum company responsible for a flood of caustic red sludge that killed eight people when it burst from its reservoir last week, Hungary's prime minister said Monday.

Police said they were questioning managing director Zoltan Bakonyi on suspicion of public endangerment and environmental damage.

Prime Minister Viktor Orban told parliament that the government wanted to take over MAL Rt. because the safe restart of production at the alumina plant was needed to save thousands of jobs.

Orban said his administration



Homes in Devecser, Hungary, are now crusted with residue from the toxic flood.

was also freezing the company's assets to ensure that funds were available to compensate for the damages caused by the disaster.

The body of the flood's eighth victim, an elderly woman, was found Monday near Devecser.

In Kolontar, the town closest to the damaged storage pool, work

continued on a new containment wall to protect the area.

The damaged reservoir still contains 2.5 million cubic meters of sludge. Authorities fear that if the wall falls, the second storage pool could also break, releasing a caustic flow. **BELA SZANDELSZKY** AND **PABLO GORONDI** (AP)

BELA SZANDELSZKY/AP



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**World**

**Palestinians Reject Idea of Jewish State**

**Recognition of Israel sought in exchange for construction ban**

**Jerusalem**

Israeli Prime Minister Benjamin Netanyahu offered on Monday to extend a freeze on building in West Bank settlements if the Palestinian leadership declares that it recognizes Israel as the Jewish state. The offer was promptly rejected by the Palestinians.

Peace talks launched early last month have been effectively suspended since a 10-month moratorium on building in the settlements expired on Sept. 26. The Palestinians have said they will not resume talks without a full halt to Israeli settlement building. So far, Netanyahu has resisted pressure from the Obama administration to extend the moratorium, and his offer on Monday was the first public signal of flexibility on the issue.


“Just as the Palestinians expect us to recognize the Palestinian state



Israel's Benjamin Netanyahu has been unwilling to extend a ban on building.

as their nation-state, we are permitted to expect that they recognize the Jewish state as our nation-state,” Netanyahu said, adding that his demand was not a condition for negotiations.

Nabil Abu Rudeineh, a spokesman for Palestinian Authority President Mahmoud Abbas, said that “there is no connection” between halting settlement construction and the demand for recognition of Israel as the Jewish state. **JOEL GREENBERG (THE WASHINGTON POST)**

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# From Mine to Minefield

Chile's trapped miners will face a new reality once they return to the surface

## San Jose Mine, Chile

Rescuers on Monday finished reinforcing the hole drilled to bring 33 trapped miners to safety and sent a rescue capsule nearly all the way to where the men are trapped, proving the escape route works.

That means that if all goes well, everything will be in place at midnight Tuesday to begin pulling the men out of their subterranean purgatory.

Andre Sougarett, the rescue leader, said the empty capsule descended 2,000 feet, just 40 feet short of the shaft system where the miners have been trapped since an Aug. 5 collapse.

"It didn't even raise any dust," he said of the "very promising, very positive" test.

A torrent of emotions awaits the miners when they finally rejoin the outside world.

As trying as it has been for them to survive underground for more than two months, their gold and copper mine is familiar territory. Once out of the shaft, they'll face challenges so bewildering, no amount of coaching can fully prepare them.

They'll be celebrated at first, embraced by their families and pursued by more than 750 journalists who have converged on the mine, competing for interviews and images to feed to a world intensely curious to hear their survival story.

They've been invited to visit presidential palaces, take all-expense paid vacations and appear on countless TV shows.

Contracts for book and movie deals are pending, along with job offers. More money than they could dream of is already awaiting their signature.

But eventually, a new reality will set in — and for most, it won't be anything like the life they knew



### THE FAMILIES

➔ **"I'll tell him I love him, that I'm very proud of you. And then I'll kick his backside."**

— **Maria Segovia**, predicting how she'll encourage her trapped brother Dario, 48, to never go into a mine again. He is among the group set to be freed in Chile on Wednesday morning.

### THE LOGISTICS

## How They'll Get Out

**The trapped miners** will come up one by one in green overalls bearing their names on their chests — first the fittest, then the weakest, twisting in a steel cage that proved itself with four flawless test runs deep into the earth. Officials have drawn up a secret list of which miners should come out first, but the order could change after paramedics and a mining expert first descend in the capsule to evaluate the men and oversee the journey upward. First out will be the four fittest of frame and mind, said health minister Jaime Manalich. Next will be 10 who are weakest or ill. One suffers from hypertension. Another is a diabetic, and others have dental and respiratory infections or skin lesions from the mine's oppressive humidity. The last out is expected to be Luiz Urzua, who was shift chief when the men became entombed. (AP)

# \$10K

### THE SUPPORT

The amount of money given to each of the trapped miners' families by Chilean mining executive Leonardo Farkas.

### THE REACTION

## Surface Tension

**Already, relations** within and between the miners' families have become strained as some seem to be getting more money and attention than others. One miner's child was invited onto a game show where she earned thousands of dollars, and 27 of the 33 workers have filed a \$10 million negligence lawsuit against the mine's owners. And then there are deals for books, movies and personal appearances. "They're in for the surprise of their lives. ... Once money gets involved, it gets ugly" said Brandon Fisher, president of Center Rock Inc., whose drill hammers pounded the escape shaft. (AP)

before the mine collapsed above their heads.

"Before being heroes, they are victims," University of Santiago psychologist Sergio Gonzalez told The Associated Press. "These people who are coming out of the bottom of the mine are different people ... and their families are too."

Plans called for the media to be blocked by a screen from viewing the miners when they reach the surface. A media platform has been set up more than 300 feet away from the mouth of the hole.

After being extracted, the miners will be ushered through inflatable tunnels, like the ones used in sports stadiums, to ambulances that will take them to a triage station. Once cleared by doctors there, they are to be taken to another area where they'll be reunited with one to three family members chosen by each miner.

After the reunion, the miner will be driven to a heliport for the flight to Copiapo.

The emotional roller coaster ride of those awaiting the miners on the surface of the coastal Atacama desert was as bumpy as ever.

Hearing that the tunnel is nearly ready "is a sensation of joy mixed with a lot of anxiety," said Maria Segovia. Her 48-year-old brother Dario is among those trapped.

Chile's government has promised each miner at least six months of psychological support, in part to deal with the sudden fame.

At first they'll feel besieged, poorly treated by the media and perhaps overwhelmed by the attention even of their own families, predicted Dr. Claus Behn, a University of Chile physiologist.

Society will "demand to know every minute detail, and they're going to offer enormous quantities of money and popularity," the doctor said. (AP)



# Ehrlich, O'Malley Spar in Debate

Md. gubernatorial opponents sit down for first debate of '10

Baltimore

Gov. Martin O'Malley and former governor Robert Ehrlich sparred on Monday with characteristic testiness over taxes, job growth, crime-fighting policies and education in the first debate of their 2010 race.

O'Malley, a Democrat, and Ehrlich, a Republican, attacked each other aggressively during the debate on WJZ-TV. O'Malley said Ehrlich, the former governor who O'Malley unseated in 2006.



Robert Ehrlich, left, and Martin O'Malley will debate at The Washington Post Thursday.

was living in "a fantasy world" as he recounted the economic policies of the Ehrlich administration.



RICKY CARO/TWP

which governed in far-better economic times.

"We were spending more, but

we weren't moving forward," O'Malley said, citing a 40 percent increase in tuition at public colleges and universities as well as property tax increases approved during Ehrlich's tenure.

Ehrlich went after O'Malley for creating a "hostile regulatory environment" that the former governor said has hurt the private sector's ability to create jobs during the recession.

"This election is really about how we view small business, the small-business sector," Ehrlich said.

Both candidates have agreed to a debate hosted by The Washington Post and WUSA/Channel 9 for Thursday. (AP)

DC Rider

Why [was] it a good idea to confuse people this weekend by sending Blue Line trains to Mt. Vernon Square[?]"

— COMMENTER RYAN ABELL

Today's Question

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# Local

## Politics and Prose Co-Founder Dies

### Obit

Carla Cohen, who founded the beloved Connecticut Avenue bookstore Politics and Prose and was a driving force behind its evolution from a simple storefront into the center of Washington's literary scene, died Monday morning. She was 74 and had a rare cancer of the bile ducts.

News of her ill health reached customers in June, when Cohen and co-owner Barbara Meade announced that they were putting the store up for sale.

Politics and Prose distinguished itself as the purveyor of public affairs books, literary nonfiction and other genres not known for



KEVIN CLARK/TWP

Carla Cohen founded Politics and Prose in Northwest with Barbara Meade in '84.

impressive sales figures. The collection has been embraced by a particularly Washington mix of customers: journalists, think-tankers and other book-hungry types drawn by the intersection of literature and big ideas. EMMA BROWN (THE WASHINGTON POST)

### The Lotteries

#### Monday, Oct. 11

##### District

Mid-day Lucky Numbers	6-3-1
Evening Lucky Numbers (Sun.)	2-2-9
Mid-day DC 4	1-0-9-2
Evening DC 4 (Sun.)	9-2-9-2
Mid-day D.C. Five	1-3-7-4-4
Evening D.C. Five (Sun.)	9-9-7-1-1
Daily 6 (Sun.)	3-6-14-18-19-31 (32)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

##### Maryland

Mid-day Pick 3	2-1-8
Evening Pick 3 (Sun.)	2-0-2
Mid-day Pick 4	9-0-8-0
Evening Pick 4 (Sun.)	2-2-3-6
Match 5 (Sun.)	1-3-8-16-17 (36)

##### Virginia

Mid-day Pick 3	6-5-0
Evening Pick 3 (Sun.)	2-8-1
Mid-day Pick 4	3-2-3-3
Evening Pick 4 (Sun.)	1-8-4-3
Mid-day Cash 5 (Sun.)	5-10-15-21-32
Evening Cash 5 (Sun.)	1-6-16-20-27

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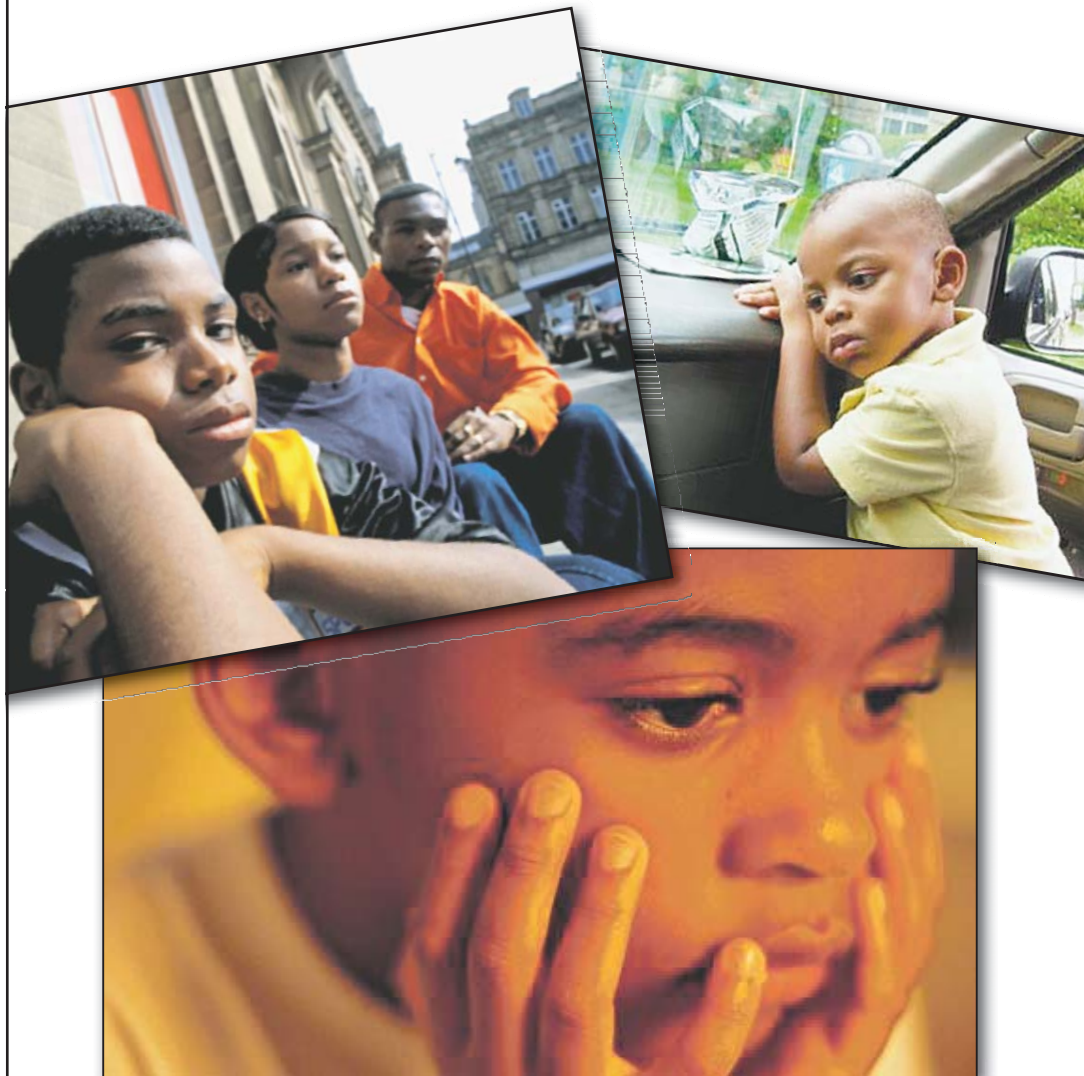
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# Holds Don't Slow Orakpo Down

Despite foes' tactics, second-year defender is wreaking havoc

## The Redskins

He doesn't lead the league in sacks or the team in tackles. He hasn't picked off a pass or forced a fumble. What Brian Orakpo has done is simply to wreak havoc on opposing offenses. He's become the most disruptive — and perhaps the best — player on the Redskins' defensive unit.

Consider the number of holding penalties other teams commit against Orakpo — including the most famous, of course, which gave the Redskins a win over the Cowboys in Week 1 at FedEx Field. When your opponent has no other choice — no other choice — but to grab on to you and hold on for dear life, you are making a difference.

When asked about leading the league in drawing holding penalties, Orakpo broke out his killer grin and said in his usual basso, "They need to convert those to sacks, man. Go talk to the commissioner about that."

All kidding aside, Orakpo admits all the holds do get on his nerves. "Yeah, man, but I've got to keep playing, being relentless," he said. "Obviously, there's frustration, but I've just got to keep going."

That could be the mantra for the Redskins' defense this season. LaRon Landry is indisputably the biggest beneficiary of Jim Haslett's 3-4 system. Redskins fans have yet to fully embrace it, but Landry is all in. It allows him to roam the veldt like a lion, striking anything that moves.

But Orakpo, while posting decent but hardly gaudy numbers, is a force



Brian Orakpo jumps for joy after the Redskins pulled off a 16-13 win in overtime against the Green Bay Packers on Sunday.

## No Surgeries

### Injury Update

Redskins coach Mike Shanahan said injured offensive line-men Trent Williams and Jamaal Brown both underwent MRIs that came out negative. Both are sore, and the coach could not say what the status for each of them is for next week. (EXPRESS)

to be reckoned with in just his second season. On Sunday, in the Redskins' 16-13 overtime win over Green Bay, he had two sacks, three tackles and three quarterback hurries. He has six

sacks overall; the Redskins are seventh in the NFL in that category.

He's also that rarest of players: a draft pick the Redskins got right. He was chosen 13th overall in the first round in 2009, out of Texas, and he made the Pro Bowl in his rookie season. In his second season, he was asked to learn a new role in a new defense. He understands the frustrations with the 3-4, but he sees some real progress.

"Yeah, actually, I can," he said. "We're really starting to gel together. I'm not going to start bragging on ourselves yet because we still have a lot to learn, but it's really starting to come together, and we're going to

keep playing Redskin football."

Orakpo is quick to point out that the Redskins have yet to play their best game as a team. But the Redskins believe it's coming, and that's a sea change from attitudes just one season ago.

"It's a new Redskin era," Orakpo said. "I've seen what we can do if we put four quarters together. We haven't did that yet and we beat three premiere teams. ... It's a huge motivational boost for us and we've just got to learn from this game, look at the mistakes and go from there and get ready for next week [against Indianapolis]." TRACEE HAMILTON (THE WASHINGTON POST)

## Swengali

### Defense Carries Load for Redskins

The old saying in the NFL is that defense wins championships.

The Redskins are far from that, but it's clear the defense is going to have to win games all year long if the team is going to be competitive.

It's not surprising, considering Washington's offense has lagged behind the opposite side of the ball since the Norv Turner era. Then you look at the team's playmakers — and they all make a living stopping the competition.

Brian Orakpo and LaRon Landry sure look like the best Redskins this season. Also in competition are London Fletcher and Lorenzo Alexander. And guess what: They're all defenders.

**Washington's offense can make some big plays ... yet the unit cannot be counted on.**

Donovan McNabb's leadership and knowledge are making up for a slow adjustment to Mike Shanahan's offense. The trouble is that the running game is going nowhere fast, and there's no receiver who scares foes.

True, Washington's offense can make some big plays — Anthony Armstrong's 48-yard touchdown catch Sunday is an example — yet the unit cannot be counted on to consistently put points on the board.

So that leaves it up to Orakpo to sack the passer and Landry to force turnovers. The formula is working better than expected, giving the Redskins a 3-2 record. Maybe it's enough to stay in the hunt for the NFC East title, too.

One thing's for sure: As long as the defense has to carry the load, this will be a season full of close games.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

## THOMAS' OUT PATTERN

The Carolina Panthers have made another attempt to boost the NFL's worst offense by claiming receiver Devin Thomas off waivers from Washington. The third-year receiver was released Saturday after failing to make a catch under new coach Mike Shanahan. The coach said he had advised Thomas that he needed to make a "total commitment" in order to succeed in the NFL. "Everyone's got a different mindset for what work means, what commitment means, what dedication means," Shanahan said Monday, adding he has "some strong feelings for Thomas." (AP/TWP)



# Favre Apologizes to Teammates

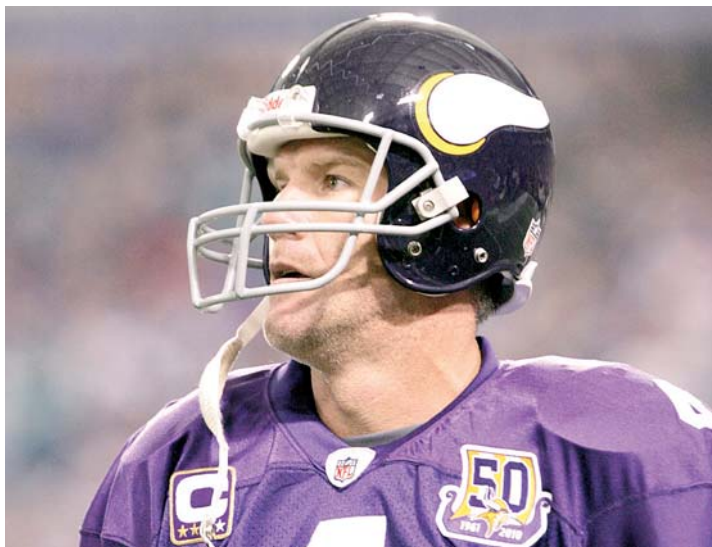
NFL keeps its eyes on sexting scandal surrounding star QB

## Pro Football

Brett Favre apologized to the Minnesota Vikings for the distraction caused by an NFL investigation into allegations that he sent racy messages and lewd photos to a Jets game hostess in 2008.

A person with knowledge of the situation said Favre spoke to the team on Monday while they were preparing to play the New York Jets. The person spoke on condition of anonymity. ESPN first reported on Favre's apology.

NFL Commissioner Roger Goodell says the league is still looking to "find out all the facts" regarding the allegations. He says that "once we determine those



Brett Favre may face disciplinary action if he violated the NFL's player conduct policy.

facts, then we'll determine what the next step is from there, if any." Goodell spoke Monday in Chicago, where he is attending league meetings. The league is looking

into the allegations against Favre under its personal conduct policy. Should the NFL find he violated the policy, Favre could be fined or suspended.

## washingtonpost.com

Brett Favre's return to New York during the Vikings-Jets game ended after Express' deadline on Monday night. For a full recap | [washingtonpost.com/sports](http://washingtonpost.com/sports)

Last week, the website Deadspin posted a story that included several messages allegedly sent by Favre to Jenn Sterger, who worked for the Jets while Favre was with the team. She is now a TV personality for the Versus network.

Sterger's manager, Phil Reese, has declined to say whether his client is cooperating with the NFL or has retained a lawyer, but issued a statement Monday saying that "we're looking at all our options right now, and our only concern is what's in Jenn's best interest."

RICHARD ROSENBLATT (AP)

## In Brief

### COLLEGE FOOTBALL

#### UNC Kicks DT Austin Off Team for Violation

North Carolina defensive tackle Marvin Austin—a graduate of Ballou High School in D.C.—was kicked off the football team Monday and the school said the NCAA has declared receiver Greg Little and defensive end Robert Quinn permanently ineligible. The announcement came amid investigations into whether players received improper benefits from agents. (AP)

### HOKIES FOOTBALL

#### Hokie Played on After Losing Part of His Pinkie

Virginia Tech left guard Greg Nosal has earned tough-guy points, postponing the reattachment of the torn-off tip of his left pinkie to keep playing. The school says Nosal lost the fingertip when it got caught between two helmets in the first half Saturday against Central Michigan. After a brief search, the severed piece was found inside his glove and determined that it could be reattached. (AP)

### PRO FOOTBALL

#### 49ers Stick With Smith

49ers quarterback Alex Smith is keeping his starting job for at least another week. Coach Mike Singletary plans to evaluate Smith's status on a week-to-week basis after nearly making a switch late in Sunday night's 27-24 loss to the Eagles. San Francisco fell to 0-5. (AP)

## TV Lineup

**BASEBALL (8 P.M., TBS)** The Tampa Bay Rays seek to complete their comeback with a win in Game 5 in the ALDS against the Texas Rangers.

**WIZARDS (7 P.M., CSN)** John Wall makes his Verizon Center debut when the Wizards play the Atlanta Hawks in a preseason game.

**HOCKEY (7:30 P.M., VERSUS)** The Detroit Red Wings can improve to 3-0 this season with a win over the Colorado Avalanche.

**SOCCER (8 P.M., ESPN2)** The U.S. men's national soccer team plays Columbia in an exhibition match in Chester, Pa.

## Fainting Blamed for Goalie Scare

### Pro Hockey

The scary collapse of Atlanta Thrashers goalie Ondrej Pavelec in the season opener turned out to be a fainting spell.

The Thrashers said Monday preliminary tests on Pavelec showed he had a kind of episode that is

described on the Mayo Clinic website as the most common cause of fainting, but he will undergo more tests as a precaution. Pavelec's worst injury was the concussion he suffered when he fell backward after fainting, striking his head on the ice just 2½ minutes into Friday's 4-2 victory over the Capitals. (AP)

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fit

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The number of fitness-related Groupons sold by 70 businesses in the D.C. area as of September, according to Groupon. The company also notes that D.C. ranks as one of the top cities for fitness Groupons, along with N.Y.C., Boston and San Diego.

Use those daily deal websites to find ways to slim down without spending too much

Exercise

Anastasia Dieter has walked by BTI Dance a million times. But the 25-year-old Logan Circle resident never gave it a thought until she checked her e-mail the morning of Aug. 9 and saw the Living Social deal of the day: \$35 for five visits. “When I saw that in my inbox, I was, like, ‘Yes, please,’” says Dieter, who’s been using her pass for the studio’s popular “Glee” dance classes and plans to pay full price to keep taking them. That’s good news for the fitness biz,

which has embraced these discount coupon sites, most notably Living Social and Groupon, as a form of marketing. And it’s a good model for other people like Dieter who want to sample from a smorgasbord of exercise opportunities without blowing their entire paychecks. Every day, each of these sites offers a bargain that’s usually available only

for 24 hours. The mix includes meals, maid service, concert tickets and pedicures, as well as sweatier sales, such as personal training and yoga classes. While food coupons tend to get the most takers, reps from the sites say fitness ones perform well, too, especially in the Washington area. A large population of athletically minded people certainly helps, but the nature of the deals probably also plays a role. Unlike a traditional coupon, you need to pay ahead of time, which pushes you to actually do it. “You’ve already spent the money, so you get off the couch and use it,” says Harrison Miller, co-founder of D.C.-based Deals for Deeds (which offers an extra incentive by donating part of its profits to local charities). “It’s more of a financial accountability than



Guinea Pig | Hold On

Gyms are breeding grounds for muscles and mucous. But you can protect yourself from the latter while working on the former with Phit Grip (\$9.99, Phitgrip.com). The rubber sheets — treated with an antimicrobial agent — can wrap around dumbbells, elliptical handles or anything else you want to touch, giving you a cushioned clutch. You could also just wash your hands.

Recent Deals In D.C.

~~\$50~~  
**\$25**

for pole and chair dancing at the P Spot from Buy With Me.

~~\$199~~  
**\$25**

for one month of the Sergeant’s Program boot camp from Living Social.

~~\$850~~  
**\$399**

for 10 hour-long personal training sessions at Balance Gym from Deals for Deeds.

~~\$79~~  
**\$39**

for one month of unlimited yoga at Stroga from Groupon.

a gym membership, although I don’t know why,” Dieter adds. Although you’re spending money, it’s not much, which takes away the excuse that something’s too expensive for an experiment. “A lot of people have told me they’d been wanting to try this and then when we popped up, they didn’t have any reason not to come,” says Tina Moran, owner of Chic Physique in Bethesda, a pole dance studio that’s offered deals through several of the sites. Seeing the response to a deal can also be encouraging, says BTI owner Alvaro Maldonado. “It can be intimidating to show up when you’re new, especially if you’re out of shape. But almost 2,000 people bought this, so you know you won’t be the only one not knowing what to do,” he adds. The businesses sign on to get new bodies through their doors. For Cleveland Park’s City Fitness, a discounted one-month membership was a way to show off. “We have the best teachers in town. But you wouldn’t know that from a tour,” says co-owner Lucinda LaRee. Similarly, Potomac River Running just offered a half-off coupon to lure in shoppers who’d never experienced its detailed shoe-fitting process. But the customers can easily end up with new bodies, too. Whether or not you stick with the gym, you’ve spent a month thinking about exercise regularly. If you bought a pair of shoes, you’ll be inspired to keep jogging. And if you signed up for deals with friends, as Dieter likes to (“It really is a Groupon. We take that term to the max.”), you’ll have peer pressure to keep up your new, healthier routine, which is the best deal of all. VICKY HALLETT (EXPRESS)

Tips

- Sign up for daily e-mails from multiple sites. Some allow you to customize the offers you receive by neighborhood or interest.
- Getting pals involved makes deals more fun — and cheaper. On Living Social, persuade three buds to buy and your deal’s free.
- Pay attention to expiration dates and use restrictions to make sure the deal is really as good as it appears to be. (EXPRESS)



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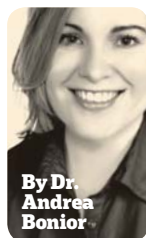
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## She's Gone, but Not Forgotten

**Q** I'm dating a fantastic guy. He's smart, funny and sweet — and he lost his fiancée six years ago in a car crash. He talks

openly about it, and she sounds like a wonderful woman. But I can't help but compare myself to her memory, like we're in some sort of competition. And I feel like I can never really measure up. He says he wants to be with me, and things seem to be getting serious. But I find myself uncomfortable with how her memory will fit into all this. Even though I feel horribly guilty thinking this way! **IN LOVE, DC**

First of all, forgive yourself. It's not abnormal to wonder how you measure up to your loved one's exes, and when the ex was as serious as a fiancée — and forever frozen in time at the height of their relationship — it's understandable to feel intimidated. The way to get over it, however, is to acknowledge it and let it eventually run its course — and to trust the love you're building. And this man, who is open about his past, is probably also quite understanding and willing to talk about what you're feeling. Together, you can work toward a balance of how her memory will influence your lives.



By Dr.  
Andrea  
Bonior

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

## Girls' Night Out Gone Wild

**Q** I love my wife, but there have been some trust issues in our three years of marriage. She has "girls' nights" with friends that involve a lot of drinking and bar-hopping. Early in our marriage, she gave a guy her phone number. She claims her friends dared her to do it and it was just a joke. But I've had issues with this ever since, and, lately, she's started going out with these friends a lot more. **TROUBLED HUSBAND**

Phone-Number Gate could be over if there weren't lingering concerns. And have you articulated those concerns? Has she tried to prove herself to you since then, and does she know you need her to?

There are bad friends and bad bars and bad guys. But what matters is whether you can trust your wife to make decent choices. You love her, but you find yourself doubting her

loyalty, perhaps because of an issue that was not adequately dealt with. So you talk. And you work together to see whether she can help you through this by making things right. Don't accuse, but express your vulnerability, and let her know how much you love her and how much you want her to have fun, but how your love for her makes some of her fun scary for you.

## Event Horizon Healthy 'Hood

NoMa is hosting a three-week-long neighborhood festival called Zest Fest ([Zestfest-dc.org](http://Zestfest-dc.org)). The attractions at the autumnal affair, which wraps up Oct. 23, include a putting green and badminton this Thursday and Friday between 11:30 a.m. and 1:30 p.m., if you're looking for an active way to spend your lunch hour. Or opt for a \$1-per-minute massage. Both will be offered at Flagstaff Plaza at 1200 First St. NE.

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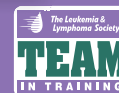
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## SPECIAL ADVERTISING FEATURE



**12 WEEKS. 3 PAIRS. 1 GOAL.**

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Take a pair of fun-loving sisters, two super-competitive colleagues, and one soon-to-be-married couple, and you have the ingredients for the 2010 Gold's Gym 'Get Fit' Challenge. These three pairs of challengers will spend the next twelve weeks transforming their bodies *and* their lives.

Each pair will be under the guidance of a Gold's Gym personal trainer, and they'll have full, unlimited access to Gold's Gym's state-of-the-art equipment and a diverse array of group fitness classes. The trainers, experts in fitness and nutrition, will help craft a personalized workout plan to help each pair lose weight and reach their individual personal fitness goals. The pairs will work out with their trainer one day a week, and it will be the responsibility of each pair to work out on their own for the rest of the week.

And they won't be able to hide, because you'll be able to read about their progress every Tuesday, right here in Express. Plus, each pair will have a fan page on Facebook where you can keep up with their day-to-day experiences.

### Twelve Weeks From Now...

Ultimately, all of the challengers will be winners when they emerge from this experience with leaner, fitter, healthier bodies. But there will only be prizes for a few...

The WINNING PAIR will split a **\$2,000 cash prize**, and will receive **one year memberships to Gold's Gym!**

The OVERALL WINNER with the highest percentage of weight loss, that is, the single challenger with the greatest percentage weight loss, will win a **4-day trip to Cancun, Mexico!**

### Let's meet our contestants...

#### THE COUPLE: JERRY MILLINGTON, JR. & CAMILLE WRIGHT

*A happy, healthy future together*

Jerry and Camille, together for three years, are planning a spring wedding. But their desire to get fit is not about looking good in a gown or tux; it's about reversing some serious health issues that threaten their future happiness.

Jerry has recently started having problems with his legs and feet, which his doctor says is a result of excess weight. If Jerry doesn't lose the weight, he risks larger complications down the road. Camille has been diagnosed with PCOS, a condition that causes excessive weight gain, interferes with fertility and can lead to Type 2 Diabetes. Returning to a healthy size will help curb the harmful effects of PCOS.

**FINDING WHAT WORKS:** Both Jerry and Camille have sampled various diets, supplements and exercise plans, but never had much success. For Camille, part of the problem is lack of know-how. *"I don't know which exercise methods are best for me,"* she admits.

**"TOGETHER WE ARE GREAT!":** Jerry and Camille agree that they work better as a team than they do separately. *"We're going to remind each other every day why we're in this competition and motivate each other to never give up,"* says Jerry.

**WHY THEY'LL WIN:** Jerry and Camille will consider themselves winners if they can achieve healthy bodies. *"I'm determined to lose this weight not to win anything or to look nice, but to be healthy again,"* says Camille. Jerry adds: *"For us this isn't a game; it's our future, our life."*





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# Getting Ahead

OCTOBER 2010

## At Work, Become a League of Your Own

How sports skills can  
help you win in the office

### Advancement

Lloyd Henry has run the Boston Marathon and finished six Ironman triathlons. So, he knows a thing or two about endurance, a skill that's also come handy while overseeing his D.C.-based sports-training company, OnPoint Fitness (202-271-1633, Onpointfitness.com).

"In sports, you may have a competitor you have to outlast when you're both trying to race for the top spot; you have to dig in deep and go further," says Henry, 35. "In business, you may be competing with someone else for the same opportunity or position, but if you have a stronger resolve and deeper base, you can outlast the competition."

Athletes become well versed in teamwork, goal setting and training during their time on the playing field. But the same skills and strengths that can help them rack up points or superstar stats can also lead to success in the boardroom or on the sales floor.

"You can beat the tar out of us and all we do is keep coming back," says Basketball Hall of Famer Nancy Lieberman, author of

CONTINUED ON E2



JASON HORNICK

Kathy Coutinho brings the same competitive spirit that drives her through off-road triathlons to her career as a chiropractor and as a business owner.

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## Win at Work

Continued from page E1

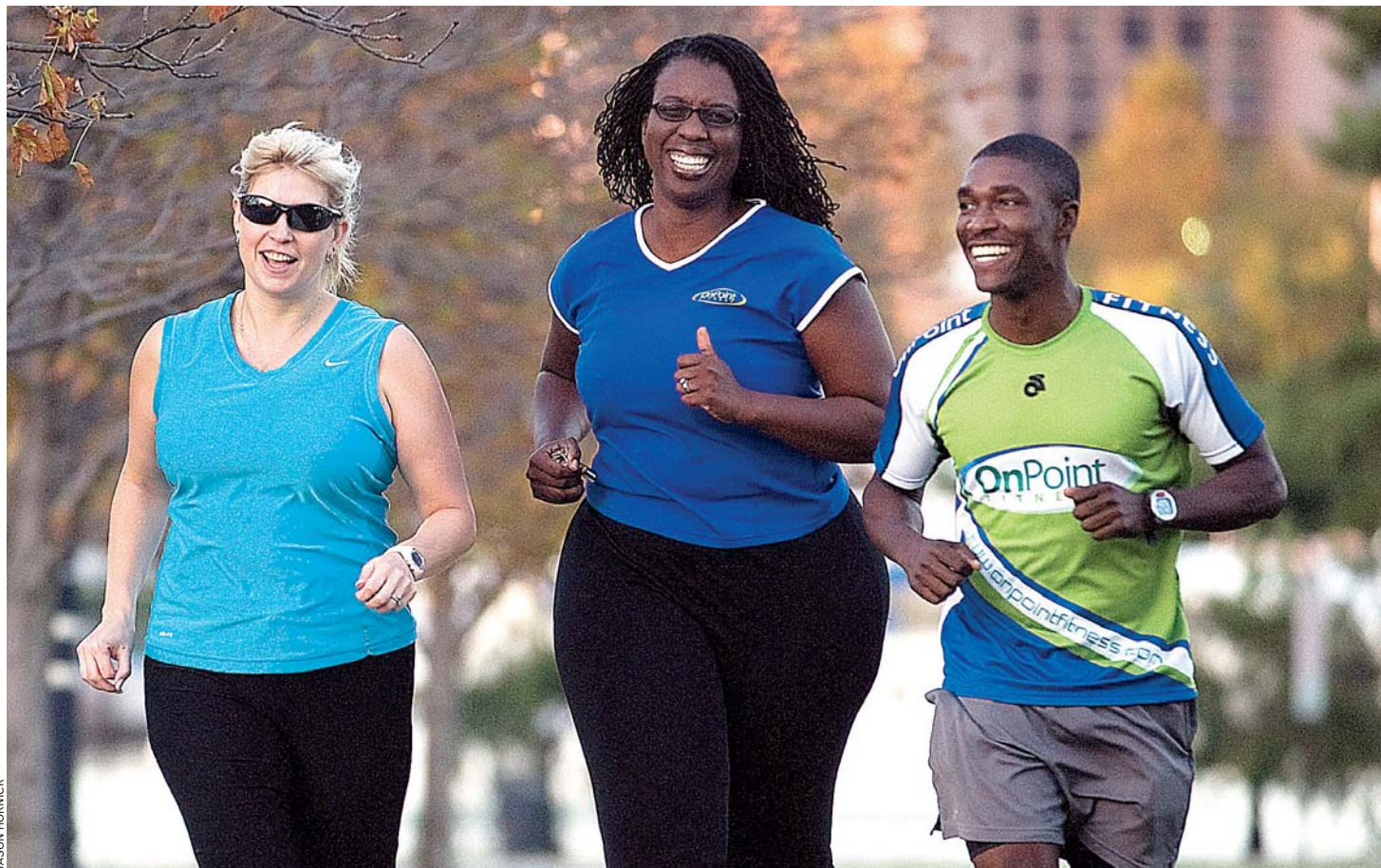
the new book "Playbook for Success" (\$25, John Wiley & Sons). "Athletes are resourceful and resilient. We're wired to win and wired to take instruction, and more and more companies are hiring athletes because we're very coachable."

Becoming a tennis phenom or ace pitcher takes a lot of hard work and practice. The same holds true for public speaking or making cold calls. Athletes are used to putting in a lot of hours in the weight room, at the gym or on the field, so they understand the importance of preparation and training.

"You're going to have talents, but you still have to practice your talents," says Melissa Fireman, co-founder and CEO of Washington Career Services (240-421-2108, Dccareerservices.com). "And just like athletes study tapes about their opponents, it's just as important to study and research companies where you may be interviewing or working, to gain as much information as possible before you go in there."

Experience on a sports team definitely comes in handy at the office, where employees often work in groups. "You understand that no matter who's having a bad day or who's off their game, you still all have to work together and sometimes compensate for other people to achieve the goal of winning," says Lisa Delpy Neirotti, associate professor of sports management at the George Washington University School of Business.

But even athletes who've participated in more individual sports, like running or swimming, can bring a healthy competitive spirit to the table. "Competition keeps you from becoming complacent," says Kathy Coutinho, 40, a chiropractor who owns Annandale-based Positively Chiropractic (703-642-8685, Posichiro.com) and competes in off-road triathlons. "It keeps you sharp, and if you're not sharp, you will not survive, especially in this economy. The best thing, to me, is having lots of chiropractors. It just makes me stay sharp and not



Lloyd Henry, right, owner of OnPoint Fitness, works out with clients Carla Sandy, center, and Heather Butler at Hains Point. He's completed six Ironman triathlons.



Kathy Coutinho makes adjustments on a fellow doctor at Positive Chiropractic.

**"Competition keeps you from becoming complacent. It keeps you sharp, and if you're not sharp, you will not survive, especially in this economy."**

— KATHY COUTINHO, A CHIROPRACTOR WHO OWNS POSITIVELY CHIROPRACTIC IN ANNANDALE AND IS AN AVID PARTICIPANT IN OFF-ROAD TRIATHLONS.

become complacent. Complacency is almost like a disease."

And all those races run and games played give athletes plenty of opportunity to experience failure and success. "You have to take risks in sports and accept failure, and those who succeed in the workplace also understand that," Neirotti says. "You have to accept it and move on if something doesn't work; you have to get back up and try it again."

Athletes also understand how much they can learn when things don't go their way. "I always take a negative and make it a positive," Lieberman says. "Why didn't I get the sale? Did I know enough about the customers? When we win, we don't evaluate ourselves as well as we do when we don't get the sale or make the play."

But knowing how you succeeded can be just as important as knowing what caused you to fail. "When you reach a goal, you need to know how you can duplicate it," Henry says. "You have to be accountable — to know what you've done in the past that brought success and what you tried that didn't."

Having a coach is an awful lot like having a supervisor, so athletes gain valuable experience in taking direction from all kinds of personalities, whether it be someone known for his or her quick temper (think Bobby Knight) or Zen-like philosophy (think Phil Jackson).

"My coach was sort of a dictator — it was her way or the highway,"

says Susanne Maurer, 32, co-founder and COO of Washington Career Services, who played softball while attending the University of Mary Washington. "I ended up having a supervisor like that. But because of my experiences with my coach ... I learned not to take things personally and to realize that he wanted what was good for the company, like my coach had wanted what was good for the team."

Whether you're running marathons today or played a sport while in college, don't be afraid to spotlight that fact. "I encourage people to leave it on their resumes," Fireman says. "It shows a certain level of discipline, focus and drive, all things that employers look for."

You don't have to be LeBron James or Derek Jeter; sometimes thinking like a champion is all it takes. "You have to always keep trying your best," Coutinho says. "No matter how you do, if you keep doing your best, you'll succeed."

BETH LUBERECKI



# Inspiration Is the Mother of Invention

## Steal This Job

dreams up his own inventions, such as the Grippster, a device that prevents ladders from sliding or slipping.

### WOULD YOU WANT THIS JOB?

"You need to be easily mentally stimulated by random things and always having your mind open to stimuli throughout the day," Sedalia says. "Inspiration comes from everywhere." Not all ideas stick, and you need to be able to handle rejection when a client turns a concept down. "Sometimes creativity is talked about, but people don't put their money where their mouth is," he says.

**HOW HE GOT THIS JOB:** After graduating from Ohio State University with a bachelor's degree in art and design, Sedalia took a gig with a



TEDDY WOLFF

Have an Oster food processor? Sedalia may have designed its control panel.

**"You need to be easily mentally stimulated by random things... Inspiration comes from everywhere."**

buddy's company, which made meters that control chemicals in swimming pools. "I turned the device into a character, just some dude that looked like a robot," he says. Word of his talents spread, and eventually Sedalia left his day job as a designer with Hewlett-Packard and began freelancing full time.

### HOW YOU CAN GET THIS JOB:

The Academy of Art University offers an online Industrial Design MFA ([Online.academyart.edu/schools/industrial-design](http://Online.academyart.edu/schools/industrial-design)), as does the Art Institute ([Artinstitutes.edu](http://Artinstitutes.edu)). And prepare to market yourself. "I spend a lot of my time trying to find clients — going to housewares and hardware shows, or small business chamber of commerce events," Sedalia explains. The secret is to never lose yourself during what can be a grueling process. "People are attracted to people, not business acronyms, labels, trends or fads," Sedalia says. "If a person is thinking about what they should be doing, instead of just being, then the fun is lost." **ROBYN MINCHER**

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# The Stock Market

Selling photos online for pennies can add up for both pro and amateur shooters

## Side Jobs

If you didn't know to look for stock photography, you probably wouldn't ever notice it. Once you do, the world seems plastered in it — on websites blogs and billboards, and in annual reports, print and TV ads, and photo frames for sale in every store.

It spills, in large part, from hubs on the Internet that with each download send quarters and dollars into the pockets of an army of amateur and pro photographers.

The websites deal in so-called "microstock," owing to the relatively puny price tags for the stock that feeds much of today's high demand. But that's the only thing "micro" about the websites: Perhaps the biggest, the Getty Images-owned iStockphoto, claims that a photo is downloaded from its site every second.

"If you have a good camera — you don't even need a great camera — and you have a good eye ... you might be able to make a little money on the side with these pictures," says stock veteran Ellen Boughn, who wrote "Microstock Money Shots" (\$25, Amphoto), a how-to guide published in August.

The vast majority of microstock photographers — 80 percent or more, she estimates — are amateurs. They're not the biggest earners, though; that's still the domain of a small group of pros.

"I'm seeing a little bit of cash trickling in," says Dave Kugler, 28, a graduate student living in D.C. He's been taking photos for more than a decade, including for occasional weddings, and started selling microstock a few years ago.

Kugler says he's had 125 sales on Shutterstock.com in the past three months, which netted \$37 —



pad your pockets

Dave Kugler sells his photos on microstock sites to make some money on the side.

**"The learning curve is very steep. It probably took me a good year or two to figure out what they need."**

— OLGA BOGATYRENKO, A STOCK PHOTOGRAPHER AND STAY-AT-HOME MOM.

or almost 30 cents per sale. (Pay rates vary by site, and can slide on factors such as a photo's total sales, a photographer's exclusivity and the size of an image.) Once in a while he'll earn \$50 or more on a sale through Imagekind, which deals more in the realm of fine art.

Boosting that revenue would take a bit more time and energy,

Kugler says. Sheer volume is one key, but it's not as easy as dumping your memory card online.

Incoming photos first are scrutinized by editors. Shutterstock has said it turns down 60 percent of photos from its photographers, who have to win an initial approval just to be able to submit.

Pictures need to be tagged with keywords that are specific but also creative. Kugler tagged an artful close-up of an elephant's head with keywords such as "cracked skin," "dry skin" and "eyelashes," along with the obvious "elephant."

In shooting, amateurs often mistakenly trend toward wall-type art, Boughn says. Microstock "is for advertising, promotions, blogs

# getting ahead

and so on. To sell [an image] again and again ... you have to have subject matter that has broad general interest."

"The learning curve is very steep," says Olga Bogatyrenko, 32, of Reston, Va. "It probably took me a good year or two to figure out what they need, how to take high-quality pictures" and the differences between online agencies.

Bogatyrenko, a stay-at-home mom who now also takes portraits of families and kids, says eventually "you start thinking about, 'OK, what's in my picture? What could this sell? What concept does it represent?'"

An image of a professional-type relaxing on a boardwalk might convey a fashion theme or leisure, she says. A shot of a beach with a heart etched in the sand hits roman-



Dave Kugler's close-up shot of an elephant's eye is sold on Shutterstock.com.

tic notes.

For the basics, look first to forums on the microstock agency websites or industry blogs such as Microstockgroup.com, and online tutorials on photography and photo editing.

Among the early lessons: what

not to submit. IStockphoto offers a helpful, if snarky, list of well-covered areas, such as photos of your dog or cat ("He's adorable. Send a picture to your mom.") and photos of your desk area ("Get up, move around a little."). **DANNY FREEDMAN**

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Figure out what your co-workers are really saying by decoding their nonverbal cues

## Q&A

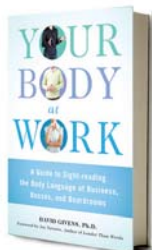
Your mom was right: It's not what you say, but how you say it. Shrugs, eye rolls and even a simple hand wave can carry more meaning than a paragraph. But decoding those meanings isn't always simple.

David Givens has studied body language for decades and founded the Center for Nonverbal Studies in 1997. His new book, "Your Body at Work" (\$17, St. Martin's), is dedicat-

ed to interpreting what people say with their hands, eyes and clothes. Express spoke with Givens to learn how you can let your body language work for you or figure out what your boss is really saying.

**How can you make yourself appear more powerful to your colleagues?**

One of my favorites is the power suit. For primates, it's called the "broadside display," where you turn the biggest, widest part of your body to more or less seem bigger.



ISTOCK PHOTO

Squared shoulders, thicker arms, the flare of the lapels — they make the chest look like it's expanding. It's giving you the impression that a male gorilla gives when he beats his chest.

**What about ties?**

Ties [and scarves] cover up the vulnerable throat dimple. That makes you seem stronger. Especially around the board table in a serious boardroom, everybody routinely covers up the throat.

**You can't go around wearing suits with huge shoulder pads these days. How do you handle that?**

Women found they could do more

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by showing the feminine, attractive side, along with the power cues. It makes for a great gestalt in business. I've seen lots of offices where women can use the softer cues, colors, softer fabrics and whatnot to make their point.

#### Tell me about the messages hands can send.

The "palm down" gesture is worldwide. When a person is making a strong verbal point, they accent it by giving this palm down gesture. The palm is turned parallel to the floor or tabletop and goes up and down, a little bit like a judge's gavel. It just makes your speaking points more powerful. The effect it has on folks around the table is it makes them think you are more invested in the idea, and really believe in it and are sure it will work.

**"There's a lot of evolution in all of our nonverbal communication, whether it's clothing or hairstyles or gestures. They have a very long history."**

#### Does everything we do come from some ancient nerve center?

There's a lot of evolution in all of our nonverbal communication, whether it's clothing or hairstyles or gestures. They have a very long history. Millions of years, through the entire vertebrate line. Fish have ways of turning the broadside of their bodies to show their strength nonverbally. If you trace back far enough, you find almost every nonverbal cue.

#### So besides sending out your own nonverbal messages, you can

#### learn to read others'. What's one of your favorites?

The shoulder shrug. For example, people give you mixed messages. They might tell you in words that the deadline for your project is Friday but if you watch carefully and see a shoulder go up or flex forward, involuntarily, you see that there's some uncertainty. That gives you the opening to perhaps push the deadline to Tuesday or Wednesday.

#### How about reading eyes? What should you look for?

One really neat eye gesture is called the Conjugate Lateral Eye Movement. When someone is processing information, the eyes will move either to the right or the left or go upward. So when you're explaining something to your boss at a meeting and you're getting out your great idea for a project and the boss's eyes go off to the side, you shouldn't think you're being snubbed, which people sometimes do. The boss is actively processing your proposal.

#### How do you look without staring?

People notice where other people are looking. Even at the doctor's office, the first thing you look for is, "Where are the people looking? Are they looking at me or at a magazine?" So, look and then look away.

#### Ever upset someone by staring too hard?

People will actually attack. I had an experience — at the time I didn't realize that when you stare at people and watch them, they begin to wonder, "Why in the heck is this guy watching me?" They will eventually come forward and get a little aggressive. I learned that you have to be a little sneaky about watching people. You can look up, but then you have to look down and away. If you don't stare for any length of time, you can get away with watching people without their permission.

#### Do you have one of those newspapers with the hole cut in it so you can spy on people?

No, but I have hidden behind a potted palm before. **RACHEL KAUFMAN**

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# A 'Charlie' Brown Career Path

An Air Force officer leaves the military to pursue her interest in clinical counseling

## Transitions

If there's one thing you can say about good ol' Charlie Brown, it's that he had perseverance. He put his eye on a goal and went for it, no matter what.

R.D. "Charlie" Brown — her nickname in both childhood and the military — has always gone for it, too, even when "it" changed. First, she rose to lieutenant colonel over 22 years as an Air Force logistics officer. Brown ran an aerial port — the only one that moved munitions during Desert Storm — then led a ground transport squadron, served as a liaison with the Army, and led a recruiting squadron. She retired to work as a military contractor.

To Brown, as to so many, the terrorist attacks of Sept. 11, 2001, were a wake-up call. "I couldn't go back into the military," she says, "but I missed meaningful service." With an interest in psychology, Brown entered a George Washington University master's program in school counseling. "After all," she muses, "my whole career was spent counseling people."

After earning her degree in 2004, the Burke, Va., resident plunged into work with foreign-language speakers through the Fairfax County schools.

Meanwhile, though, the United States had gone back to war. Veterans returning from Iraq and Afghanistan were wounded more than physically. Many had trouble adjusting to civilian life, and their families were stressed by long deployments, financial troubles and worse.

"In school counseling — which I love — you counsel in a limited way," she says. "You discuss careers and college and a bit of personal



change  
artist

R.D. "Charlie" Brown retired after more than 22 years of military service, and began a career as a school and clinical counselor.

**"In school counseling — which I love — you counsel in a limited way. You discuss careers and college and a bit of personal stuff. But there's no real ongoing relationship. You're not supposed to do therapy."**

— R.D. 'CHARLIE' BROWN, SCHOOL AND CLINICAL COUNSELOR

stuff. But there's no real ongoing relationship. You're not supposed to do therapy."

But Brown *was* supposed to do therapy. That meant more perseverance, in another program — a certificate in clinical community counseling at the Johns Hopkins University outpost at Shady Grove in Gaithersburg, Md. (Education.

jhu.edu).

Unlike many certificates, this one requires a master's degree in a related field; without that, students go for a 48-credit master's directly. The 15-credit certificate — at \$525 per credit hour — prepares students for a range of career options: counseling in grief, post-traumatic stress, marriage and family, or

addiction therapy. Starting salaries may range from \$40,000 to \$80,000, says Dr. Marsha Riggio, director/adviser of post-master's certificate programs.

The class structure of lectures and group work "was a great mix of theoretical and practical," Brown says. "The courses on diagnosis and treatment were so relevant. They helped me sort out client issues and put plans into place."

The cartoon Charlie Brown manages a baseball team when not kicking the football; this Charlie Brown now does school counseling at night and clinical counseling by day. Most of her income comes from the school work, but she plans to transition fully into

clinical counseling.

Even just the day work is varied. With the nonprofit Haven of Northern Virginia, she offers help with end-of-life and bereavement issues. For Fairfax County schools, she has given workshops for counselors and social workers on how children grieve. And with veterans, there's everything from PTSD to sleep and relationship problems.

"Americans expect to get over a loss in the time things are wrapped up on TV," Brown says. "They don't know what to do when they're still grieving after six or 12 months."

In one case, a little boy was grieving his mother, who used to tuck him in every night. He wouldn't go to sleep for his grandparents, who connected with Brown. They worked out a solution: Brown put the mother's photo in an ID badge holder, which the boy took to bed so he could see her face as he fell asleep.

At Andrews Air Force Base, a returning sergeant talked with Brown for months about how to be a more patient parent. At war, rules kept soldiers safe, and orders were followed instantly; at home, children resist strict obedience and don't always have the attention span to follow through. When the boy got upset or argumentative, the on-edge father would push.

Brown did role-playing with the father: "How will he feel about this? How might you handle that situation? If you were your son, what might you want to say to your dad?" The father knew he'd reached a breakthrough when the son, instead of opting to do Cub Scout activities with a friend's father, asked his own to participate instead.

"Being a sounding board is extremely powerful," Brown says with satisfaction. "Because of this education, nearly every day I solve a problem or make a difference in someone's life. To feel heard and understood is so important to us as humans — and it's so important to me to do." ELLEN RYAN



# getting ahead



PHOTOS BY KRISTOFFER TRIPPLAR

Paul Nowak aims to help modern folk—who, he says, read slower than their predecessors—pick up the pace on the page.

## Go, Speed Reader!

Zooming through text is a skill that could benefit students and New Yorker readers

### Skills

As data come at us ever faster and more furiously, something besides our attention span is decreasing: the speed at which we read. “We get much more of our information in an audio-visual manner,” says Paul Nowak, the instructor for Iris Speed Reading courses. “We are no longer restricted to books, newspapers and magazines as the sole providers of information and entertainment.”

But many of us still have to plow through textbooks and manuals for work or school. What if you could turn yourself into a literary Dale Earnhardt Jr. and ingest info both quicker and better? That ability is what Nowak aims to bestow



Paul Nowak teaches his students to “preview, overview and read” articles.

(no helmets required).

**THE BASICS:** Nowak (who claims he can read between 600 and 900 words per minute, depending on the content) breaks down the one-day, five-hour class into speed, comprehension and retention.

**WHAT YOU’LL LEARN:** Nowak’s wards are taught a three-step “preview, overview and read”

approach to fully understand a piece while zooming through it. In the first step, students preview a two-page article, trying to hit 1,000 words per minute. After the drills, reading feels “like driving a car on a highway and you get off in a school zone ... really slow.”

Next, they review the article by reading particular paragraphs and sentences that focus on the overall theme, blocking out the rest. Finally, students read the whole piece, aiming to finish in 6.5 minutes.

“This is traveling with a map,” Nowak says. “Most students make it, if not very close. It would take the average reader 15 to 20 minutes.” After the class, he e-mails links to online tools that help maintain reading speed.

**WHAT’S THE DEAL?** Iris’ next two Speed Reading classes are offered Oct. 23 and 24 from 10 a.m. to 3 p.m. at the Fairfax at Embassy Row. Early online registration costs \$199 (\$299 otherwise). Register at [Irisreading.com](http://Irisreading.com).

ROBYN MINCHER

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## getting ahead



Spencer Clark, who administers the Paperwork Reduction Act for the EPA, gives directions to a tourist at Federal Triangle.

# What Red Tape?

A generation of young workers is reshaping federal bureaucracy new hire by new hire

## Career Tracks

Here are some lessons Spencer Clark has learned in three years working for the federal government:

When he goes to boring meetings, he sits at the table so no one will think he's a slacker. He knows when to keep his mouth shut. He's not the best thing since sliced bread. Baby boomers have a lot to offer, even if they drive him crazy.

The earnest 27-year-old who bikes with his laptop to his job administering the Paperwork Reduction Act for the Environmental Protection Agency is helping to rescript one of the oldest clichés in Washington. A new movement is shaking up the federal bureaucracy, as an expanding pool of idealistic, results-oriented Gen X and Yers challenge the predictability

and authority-driven rules of the World War II generation and the pay-your-dues baby boomers who followed.

Many of the younger workers are arriving in a hiring spree. The Obama administration hopes to fill 50,000 to 60,000 entry-level jobs in the next year, the largest burst since the Kennedy era. The administration is creating positions in security, public health and defense — and is pushing many jobs held by outside contractors inside the government.

The pipeline at the entry and mid-levels is opening fast as close to half a million baby boomers and older workers head out the door in the next four years.

After watching government responses to such crises as Hurricane Katrina and the Gulf of Mexico oil spill, this new crop of federal workers want to do better. Almost one in three of the 142,690 federal workers hired last year was 29 or younger, while more than one in four were between 30 and 39, a demographic that's reshaping the bureaucracy — and creating tension

and opportunity along the way.

In 10 years, about 400,000 of the 2 million federal workers will be younger than 35, government personnel experts say.

With private-sector job prospects for college graduates at their bleakest in years, government leaders see a window to attract new talent, as well as compete with Teach for America and the Peace Corps for the service-minded.

For all their bravado, today's young feds know they are following a Great Society generation that nurtured programs such as Medicare and Medicaid, sent the first man to the moon, and gave birth to the very agency Clark bikes to every morning. They know, too, that those baby boomers, a generation with their own sense of mission, will take expertise and institutional memory with them when they go.

Young workers are restless for risk. They don't want to be GS-9's forever. They expect to be consulted and engaged — no head-down, it-has-always-worked-this-way chain of command here. They're digital



natives, too, who want to manage acquisition contracts on Twitter and who think crowd sourcing and cloud computing are the future of customer service. "Sure, I deal with a lot of bureaucratic drudgery," said Clark, whose first job in government was shelving library books in high school. "But I came here because of the mission."

His job is to help reduce the burden of paperwork on the public. He was working for a labor union and fresh off two years as a missionary in France after college when the EPA called three years ago. Clark likes the agency's mission

## "We've seen incompetence in government, and we want to fix it. ... Our parents talked about calling the DMV and being frustrated. Government doesn't have to be the DMV."

— **TIMOTHY SOMMELLA**, A FEDERAL WORKER WHO SPENDS HIS AFTER-HOURS ENERGY ON YOUNG GOVERNMENT LEADERS, A PROFESSIONAL ORGANIZATION.

"to protect human health and the environment."

These are many of the young people who sent Barack Obama to the White House, where the president has repeated John F. Kennedy's call to service from 49 years ago

and pledged to make working for the government cool again.

"We've seen incompetence in government, and we want to fix it," said Timothy Sommella, 31, a Coast Guard officer with a degree from Harvard's Kennedy School,

now on detail as a program reviewer in the budget office.

"Our parents talked about calling the DMV and being frustrated," he said. "Government doesn't have to be the DMV." With a young wife now overseeing an oil clean-up crew in the Gulf of Mexico and no kids, Sommella channels his after-hours energy into heading Young Government Leaders, a professional group founded in 2003. It has grown to six chapters with 1,800 members.

The younger generation converses on a type of Facebook for feds, started by a 28-year-old IT

worker at the Homeland Security Department. Steve Ressler sent his idea for an online community to five friends one night after work in June 2008. GovLoop blossomed so fast that a private company snapped up the site last year. Membership for the part water cooler, part chat room site just hit 32,000.

"Government's different now," said Ressler, who now runs GovLoop full time. "Why shouldn't citizens be able to report emergencies on Twitter or take a picture of a pothole on their cell phone?"

Networking is a personal career-  
Continued on page E12

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gettingahead

What Red Tape?

Continued from page E11

builder but also a way the younger generation thinks agencies should work: emerge from their silos and share ideas.

“They’re very results-driven, and they demand feedback,” said John Berry, the government’s personnel chief. “They often find some of the traditional roles constricting. They say, ‘Why can’t I wear flip-flops to work?’ I’ve told them, ‘I don’t care what you wear, as long as you don’t have a meeting at the White House.’”



GovLook founder Steve Ressler, center, chats with his peers after a conference.

KATHERINE FREY/TWP

At 51, Berry understands that the young guns and the boomers can rankle one another. “We like to work mostly by ourselves,” he said. “They want to know, ‘How am I doing?’ The old folks are not used to being pestered every day for feedback.”

Today’s young feds are more educated and a little older than their predecessors were — with an average age of 34 now, up from 31 in 1990. They have graduate degrees, nonprofit experience and military service on their resumes. Some say they’ve made a difference just by showing older colleagues

quicker ways to do things.

Before his colleagues would submit paperwork-reduction strategies for approval, “they’d give me a whole packet of stuff when I needed a fraction of it,” Clark said. Now he’s revising the EPA’s internal system to speed up the process. For improving efficiency, he got a “Splash” award from the Department of Water.

Some might call his job the epitome of bureaucracy. But Clark calls it the “churning of the internal cogs of government to serve the public interest.” LISA REIN (THE WASHINGTON POST)

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COURTESY D'SILVA

# Unleash Your Power

Pilates and yoga guru James D'Silva on why exercise rocks

### Interview

For London-based fitness instructor James D'Silva, power comes from exercise. The former dancer knows that if he doesn't constantly work to reverse the damage of his career, "I'd be a cripple," he says. The techniques he's developed —

and the Garuda, his own Pilates-based apparatus — have helped bring out power in others, including his highest-profile clients, Madonna and Trudie Styler (with whom he's filmed a series of DVDs). We caught up with him last week when he was visiting Washington for the Fortune Most Powerful Women conference.



D'Silva

**Why is being physically powerful empowering?**  
I think for all people, and espe-

cially women, it creates this sense of who they are and what they're capable of. You learn to own space, and it comes with a sense of balance. You know you can take that next step forward.

### You know very powerful women.

And they're hardworking and they're extremely bright, yet they put aside at least an hour and a half each day to work on their bodies. You need to get that heart rate up. You've only got one body.

### What should everyone be doing to become more powerful?

You always need to target the core

**"For all people ... [fitness] creates this sense of who they are and what they're capable of."**

and your heart — even a brisk walk counts. I think one of the greatest exercises is sun salutations. It involves the whole body, and there are modifications so everyone can do it. If you're feeling too lethargic, just start with breathing and simple movement, and from there, see what it does to you. **VICKY HALLETT (EXPRESS)**



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All proceeds benefit the Spina Bifida Association. Rules and regulations available online.

CFC# 10559

## 6 Steps to a Better Run

With proper form, you can ace the race and prevent injuries

### Training

Running hard is good. Running smart is better. By focusing on small but important movements and body alignment, you'll save energy, avoid injury and sprint past your competition.

**Feet** Running injuries are made worse whenever your heel strikes the ground. "It acts like a brake, slowing you and creating stress," says Rick Fishell, a running coach at Athletes' Performance in Carson, Calif. To prevent this, pull your toes up toward your shins as soon as they leave the ground, and aim to land on the balls of your feet.

**Hips** The correct stride length is shorter than you may think. Your feet should land beneath your hips, Fishell says. Any longer and you're "reaching," which adds destructive force. Strong glutes (butt muscles) will pull your legs back under your



ISTOCK PHOTO

**Runners shouldn't hold objects in their hands, or else their torsos might rotate.**

hips as your feet hit the ground and safely propel you forward.

**Abs** Contract your abs so they can help you maintain good form (chest up, shoulders over hips). But don't flex consciously, Fishell says. By doing that, you could distract yourself. Instead, activate your core by performing a dynamic warm-up (jump squats, for example) prior to running.

**Shoulders** Keep your shoulders back and shoulder blades

10

The maximum percentage by which you should increase your mileage each week, according to the American Academy of Physical Medicine and Rehabilitation.

pulled down toward your back pockets. Move your arms from your shoulders to save energy. Swinging your arms improperly can throw off your alignment and increase your risk of injury.

**Hands** They should be lightly cupped. If you make a fist, your forearms will tense up and impede proper shoulder motion. Don't carry your iPod or water bottle in your hand, because that could cause your torso to rotate instead of remaining straight and rigid.

**Elbows** Swing them at about 90 degrees, pulled close to your body. If your elbows flare out, your arm action will be less efficient and your upper-body mechanics will suffer. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

# Something in the Air

Oxygen's now being used for facials and pick-me-ups in D.C.

## Treatments

Oxygen is an element critical for human survival — and beauty, according to the folks from Intraceuticals. For years, the Aussie company's oxygen-infused facials have been all the rage with celebs, from Madonna to "Biggest Loser" trainer Bob Harper, and now they're finally being offered in D.C., at the Sports Club/LA (1170 22nd St. NW; 800-698-4916; Sportsclubla.com). Washington's target customers: VIPs with TV appearances, bigwigs exhausted from too much travel and anyone prepping for a big event.

Other oxygen facials consist of a blast of the gas sprayed willy-nilly, which is supposed to provide the benefits. But Intraceuticals treatments (\$85-\$365) rely on an "infuser" that hovers over the skin, allowing the oxygen to serve as a vehicle for an array of serums designed to plump and hydrate.

"It's a huge drink of water for the entire face," says Deirdre Burke,



This aesthetician holds an infuser, which pushes serums into the skin with oxygen.

**"It's a huge drink of water for the entire face. It makes it look a little bit like you've been on vacation."**

—INTRACEUTICALS VP **DEIRDRE BURKE** ON THE OXYGEN FACIAL TREATMENTS

vice president of sales and marketing for Intraceuticals. "It makes it look a little bit like you've been on vacation." Maybe that's why a sizable chunk of the company's business is at resorts and spas, along with medical practices.

The process is painless. You're joined in the treatment room with an aesthetician and a machine that seems to be breathing — that's where the oxygen comes from. Then

the aesthetician repeatedly works over every contour and all of those deepening expression lines in a rhythmic pattern that Burke likens to mowing a lawn. If you fall asleep during the process, you probably wouldn't be the first to do so.

At the Hyatt Dulles (2300 Dulles Corner Blvd., Herndon, Va.; 703-713-1234; Dulles.hyatt.com), however, oxygen is used to make sure you don't doze off. The hotel's new, massive executive meeting center has a carbon dioxide detection system. So, when levels rise too high — typically after lunch, causing that afternoon energy slump — the rooms get a blast of fresh oxygen. "I like to describe it as the Vegas effect," says director of sales and marketing Melanie Walent, who notes that a similar technique is popular in casinos to keep gamblers playing the tables.

These gusts are in addition to a series of precautions meant to keep the space almost completely allergen free, which really clears the air. "I'm not an allergy sufferer, but it still makes me much more alert and ready to go," Walent adds.

Can't take advantage of these oxygen innovations? Don't stress. Just breathe. **VICKY HALLETT (EXPRESS)**

## Stethoscope

### INJURIES

#### More Wheels Are More Dangerous for Riders

Riding on sand dunes and dirt trails in an all-terrain vehicle is awesome — until there's an accident. And while you might think being in a four-wheeled vehicle is a safer bet, you'd be dead wrong. A new study out of Johns Hopkins found that in off-road crashes, folks in ATV accidents were 50 percent more likely to die of their injuries than similarly smashed-up motorcyclists. Researchers suspect it's because ATV riders tend to wear less protective clothing and their vehicles are heavier.



### PSYCHIATRY

#### The Cost of Neuroticism

Woody Allen, you need to chill out. That's according to a study in the Archives of General Psychiatry, which found that most neurotic people cost society at least \$22,000 a year in health care spending and lost productivity. (The least neurotic people are a bargain at just \$3,000 a year.) The costs rose dramatically in individuals who had associated mental health problems, such as substance abuse and anxiety disorders.

### WEIGHT GAIN

#### Fat Chance They'll Be Able to Lose That Weight

Sorry, you're too late to sign up for a Mayo Clinic study that asked participants to gorge themselves on whatever they wanted — even candy bars! — for eight weeks. As they gained, on average, 5.5 pounds of upper-body fat and 3.3 pounds of lower-body fat, scientists studied their fat cells. The discovery: Fat cells around the midsection expand in size, while fat cells in the lower body multiply in number.

## Recipe File

### CHEESY BAKED LENTILS, RICE AND TURKEY CASSEROLE



- ▶ 3/4 cup converted (parboiled) brown rice
- ▶ 1/2 teaspoon dried thyme
- ▶ 1/2 teaspoon salt
- ▶ 1/4 teaspoon ground black pepper
- ▶ 1/4 cup water

- ▶ 1/2 cup grated reduced-fat Swiss cheese
- ▶ 1/2 cup grated extra-sharp cheddar cheese

#### Makes Four Servings

Heat oven to 400 F. Coat a 2-quart

baking dish with cooking spray. In a large skillet over medium-high, heat the oil. Add the turkey and onions, and saute until the turkey is no longer pink, about five minutes. Add the spinach and saute for another minute. Transfer the mixture to the prepared baking dish. Add the soup, rice, thyme, salt, pepper and water. Stir to combine. Cover the baking dish tightly with foil and bake for 40 minutes, or until the rice has absorbed all the liquid. Uncover and sprinkle with both cheeses. Bake for another five minutes, or until the cheeses have melted. (AP)



321 calories; 33 calories from fat (10 percent of total calories); 4 g fat (1 g saturated; 0 g trans fats); 32 mg cholesterol; 43 g carbohydrate; 29 g protein; 5 g fiber; 620 mg sodium.

### Start to finish:

1 hour, 5 minutes (20 minutes active)

### Ingredients

- ▶ 1 teaspoon extra-virgin olive oil
- ▶ 8 ounces turkey breast, cut into bite-size cubes
- ▶ 1 small yellow onion, chopped
- ▶ 19-ounce can lentil soup
- ▶ 5-ounce package fresh spinach (about 2 cups packed)



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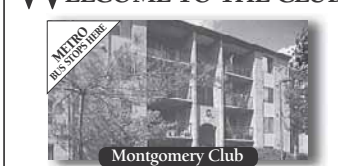


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Temple Hills EHO

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## Sound **Bets**

# Promising ‘Preview’

An inventive mixtape heightens anticipation for a full-length disc by duo Chiddy Bang

### EP Review

Chiddy Bang should write Kanye West a thank-you note.

The duo, who came straight out of Drexel before dropping out of the university, owes a lot to hip-hop's favorite jerk: They, too, brag about their own awesomeness, dissect pop culture and load their tracks with inventive samples. Combine those Yeezy-like attributes with the street swagger of Chicago's the Cool Kids, and you've got Chiddy Bang.

But the Cool Kids still haven't released a full-length debut album, and West has allowed his ego to eclipse his art at times. Hopefully, rapper Chidera "Chiddy" Anamege and producer Noah "Xaphoon Jones" Beresin won't get caught in the same traps: "The Preview," a collection of eight tracks that drops Tuesday, is meant to be a prequel to Chiddy Bang's debut



**The Preview**  
Chiddy Bang

album, "The Swelly Life," due out sometime next year.

Meanwhile, "The Preview" works fine. Though the whole collection clocks in at about a half-hour, the tracks bump with promise, showing off savvy song structure and clever lyrics. Anamege and Beresin met during their freshman year in 2008, and in the

two years since then, they've graduated from dorm parties to Lollapalooza and a nationwide tour that stopped at the University of Maryland, College Park, in September. Such a rapid rise has its downsides — mainly that the duo don't have much material.

The album starts off with "The Good Life," co-produced by Pharrell Williams. Similar to other Pharrell tracks, like N.E.R.D's "She Wants to Move," the beat jumps from place to place, barely lingering on one concept before moving on to the next one. "The Good Life" starts

off a trilling rump-shaker before it becomes a horn-heavy banger.

The volume gets pumped with "Truth," sampling Passion Pit's "Better Things," and "Opposite of Adults," sampling MGMT's "Kids." "Truth" starts off somewhat insecure — "Is anybody there? I mean, I hope somebody out there can hear this right now," stammers Anamege — but swells with confidence when he compares himself to "Full House's" Jesse Katsopolis.

"The Preview" keeps delivering in its second half, with "Here We Go," featuring Q-Tip of A Tribe Called Quest, and "All Things Go," featuring sped-up snippets of Sufjan Stevens' "Chicago." "Nothing on We" strikes a serious tone when the boys note, "The only thing guaranteed in life is a casket." But

this record signals the beginning of good things to come.

ROXANA HADADI

**“Swelly” is basically my slang for anything that’s fresh. I started using it back in high school, and it just stuck.”**

— CHIDERA “CHIDDY” ANAMEGE, ON THE ORIGINS OF THE “SWELLY” ELEMENT BEHIND MANY OF CHIDDY BANG’S SONGS, IN AN INTERVIEW WITH GLASSWERK.CO.UK. THE DUO’S DEBUT ALBUM WILL BE TITLED “THE SWELLY LIFE.”



COURTESY EMI

## The Power of Pop

**The Some Kinda Fun** festival happens Friday through Sunday in Silver Spring, and it will go down deep underground — which is only appropriate. It's hosted at Quarry House — the basement bar turned rock 'n' roll dive that makes up in beer and burgers what it lacks in sight lines — and



By  
Christopher  
Porter

focuses on garage-rock and power-pop artists for whom the "overground" isn't really an option.

Friday's headliner, Paul Collins, shown above, was this close to making it once. He

was in the mid-'70s power-pop band the Nerves, which wrote the song "Hanging on a Telephone," which was later turned into a smash by Blondie. Collins then formed the Beat, which had two major-label records that went nowhere. But 30 years later, he's still producing melody-rich roots-rock releases.

Saturday's lineup is helmed by the Cynics, who have been reviving garage rock since 1983, and Sunday's matinee is fronted by the Demon Beat, a newish band that injects its punk with the soul of Mitch Ryder. Demon Beat might never have a hit, but like all the "Fun" bands, it will always be comfortable in the underworld. Visit Myspace.com/cityslangbookingdc for full details about the festival.

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**expressnightout.com** >>> Professor K. David Harrison is on a mission to document and help revitalize dying tongues >>> Women artist Patrick Flegel talks about his band's sophomore record, 'Public Strain' >>> Roger Waters rebuilt his 'Wall' in a spectacular, two-and-a-half-hour show Sunday at the Verizon Center



Comments? Give Christopher your feedback: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at [expressnightout.com/topstops](http://expressnightout.com/topstops).

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## 1 Those Were The Days

Deerhunter trades on a sort of very intense but not overwhelming or painful garage music — punk, but not the kind of punk that feels good only when you're 16 and really, really, really angry all the time. If you can't make it, we'll have a live review of tonight's show up on [Expressnightout.com](http://Expressnightout.com) Wednesday for you to check out. **9:30 Club, 815 V St. NW, 7 p.m., \$20; 202-265-0930, 930.com. (U St.-Cardozo)**

## 2 And More Blood

Warning: Do not see a Molotov Theater production (current production: "Blood, Sweat and Fears III: The Red Velvet Curtain") unless you are OK with a metric ton of blood being flung all over. These plays are serious about their gore — we plan to wear white T-shirts and hope to get splattered. Let the awkward questions commence! And that's OK, as long as you don't get sick at the sight of Karo syrup. **Playbill Cafe, 1409 14th St. NW; through Nov. 13; Molotovtheatre.org. (Dupont Circle)**

## 3 L'Etat, C'est Lui

Henry VIII's reputation has been basically ruined by "The Tudors," but "Henry VIII," Shakespeare's final and perhaps most-ignored history play, insightfully captures the era when he actually created a new church in order to divorce his wife. The pay-what-you-can preview is tonight. \*If anyone ever makes a sexy version of early American history, some people are going to get SUEd. **Folger Theatre, 201 East Capitol St. SE; through Nov. 21; 202-544-7077.**



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Duran Duran, shown in 2008, hit its stride in the 1980s but struggled to mature.

# Soundtrack Of a Generation

VH1's talking head Rob Sheffield reflects on Duran Duran's '80s hits in a new memoir

## Book/Music Review

More than a quarter-century after their biggest hits, it's easy to forget that Duran Duran began life as a boy band. In the very early 1980s, they owed much of their success not only to supremely catchy songs, but also to the fledgling music-video format: With their exotic videos, "Rio" and "Hungry Like the Wolf" became smashes that today conjure asymmetrical haircuts, pleated pants and percolating synths like no other band.

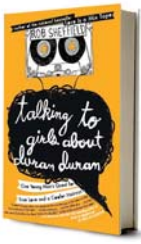
And no one is reminiscing more eloquently about Duran Duran than Rob Sheffield, the critic and VH1 talking head whose second musical memoir is titled "Talking to Girls About Duran Duran: One Young Man's Quest for True Love and a Cooler Haircut" (\$26, Dutton).

Structured like a pre-Gen X mix-

tape, the book recounts Sheffield's teenage years in suburban Massachusetts, with each chapter centered on a different musical totem. He gives David Bowie, Tone Loc and many others their own chapters — but Sheffield writes most convincingly about the band once known as the Fab Five. For him, Duran Duran will forever be defined by its audience: "I've always been obsessed with how girls talk about them. I'm pretty sure Duran Duran would cease to exist if girls ever stopped talking about them."

The mid- to late-'80s downturn in Duran Duran's popularity reflected not just a band outliving a synth-pop trend, but an act struggling to redefine itself as mature, serious artists. There are some sophisticated pop flourishes on the band's fourth and fifth albums, "Notorious" and "Big Thing." But neither album holds up more than 20 years later.

And yet, any lengthy career from Elvis Presley to Elvis Costello will include such dark corners. In that regard, these two albums fill out the transition from boy band to pop veterans, from "This is my favorite band" to "I can't believe these guys are still around." **STEPHEN M. DEUSNER**



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CW  
9:00

**Life Unexpected** In a crossover episode with "One Tree Hill," Cate (Shiri Appleby, right) meets Haley Scott (guest star Bethany Joy Galeotti) at a Portland musical festival, and the two women soon discover they have very similar pasts. Grammy winner Sarah McLachlan, Kate Voegelé, Ben Lee and Rain Perry also perform.



COM  
10:00



### Nick Swardson's Pretend Time

Nick Swardson — a stand-up comedian best known for his work with Adam Sandler, a recurring role on "Reno 911!" and a handful of comedy CDs and specials — stars in a new sketch show featuring regular appearances by his longtime character Gay Robot. Guests include Ryan Phillippe and comedian Natasha Leggero. (TRIBUNE MEDIA)



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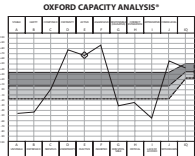
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## Hammer Time

BET  
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### Adult Major Depression Research Study: Novel Medication

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This 7-week inpatient study is conducted at the NIH Clinical Center in Bethesda, Maryland, and compares the medication to a placebo (inactive salt solution). After completion of the study the participant will receive short-term treatment to transition back to the community. In addition, all research participation is without cost.

Those eligible to participate must:

- Be ages 18-65
- Have been diagnosed with major depression
- Have taken two antidepressants that did not help

For further information on participation, please call

**1-877-MIND-NIH (1-877-646-3644)**  
e-mail: [moodresearch@mail.nih.gov](mailto:moodresearch@mail.nih.gov) (TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov> Adult Depression 09-M-0240

National Institute of Mental Health  
National Institutes of Health, Department of Health & Human Services  
[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

NIH  
National Institute of Mental Health

# puzzles lookout

## Horoscope

**LIBRA** (Sept. 23-Oct. 22) A change of surroundings can do you a world of good, and you don't have to travel far from home to make it happen.

**SCORPIO** (Oct. 23-Nov. 21) Dangers surround you, but they are likely to have less of an impact than anyone might expect. You know how to protect yourself, too.

**SAGITTARIUS** (Nov. 22-Dec. 21) A good day begins with a single good decision, and you'll know it when you've made it. You'll enjoy taking care of young ones.

**CAPRICORN** (Dec. 22-Jan. 19) You may have to work a little bit harder, and a little bit faster, in order to catch up to those who have enjoyed a real lucky streak.

**AQUARIUS** (Jan. 20-Feb. 18) Don't get caught saying the wrong thing at the wrong time. Any misunderstanding at all can lead to real trouble.

**PISCES** (Feb. 19-March 20) You may have to chance it in order to score a go-ahead run. Sure, risks can be frightening, but it can be worth it in the end.

**ARIES** (March 21-April 19) Even the smallest error can have a major impact, especially early on when you are still finding yourself in a given endeavor.

**TAURUS** (April 20-May 20) How you present yourself to authority figures will be all-important — even more important than what you actually get done, for now.

**GEMINI** (May 21-June 20) A voice from the past rings in your ear, telling you to stay the course. There is only one reason you might not follow through.

**CANCER** (June 21-July 22) You're on the verge of hatching a big idea at this time, but you may not know just how to present it once you are given the opportunity.

**LEO** (July 23-Aug. 22) You'll catch a fleeting glimpse of something that's on its way at this time, but explaining it to anyone else is likely to be impossible.

**VIRGO** (Aug. 23-Sept. 22) You'll want to take the time to think things through; the more impulsive you are at this time, the more likely you will be to stumble.

## Scrabble Grams

PAR SCORE 155-165, BEST SCORE 236

A <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	X <sub>8</sub>	D <sub>2</sub>

Double  
Word Score

--

RACK 1

E <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	D <sub>2</sub>	N <sub>1</sub>	K <sub>5</sub>	B <sub>3</sub>

--

RACK 2

A <sub>1</sub>	E <sub>1</sub>	O <sub>1</sub>	L <sub>1</sub>	Z <sub>10</sub>	G <sub>2</sub>	B <sub>3</sub>

--

RACK 3

A <sub>1</sub>	A <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	V <sub>4</sub>	R <sub>1</sub>	C <sub>3</sub>

2nd Letter  
Triple

--

RACK 4

### Yesterday's Solution

B <sub>3</sub>	E <sub>1</sub>	D <sub>2</sub>	R <sub>1</sub>	O <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>
S <sub>1</sub>	Y <sub>4</sub>	M <sub>3</sub>	P <sub>3</sub>	T <sub>1</sub>	O <sub>1</sub>	M <sub>3</sub>
A <sub>1</sub>	L <sub>1</sub>	M <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	C <sub>3</sub>
S <sub>1</sub>	A <sub>1</sub>	W <sub>4</sub>	B <sub>3</sub>	I <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>

PAR SCORE 195-205 TOTAL 282

RACK 1 = 60  
RACK 2 = 98  
RACK 3 = 62  
RACK 4 = 62  
TOTAL 282

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

4								
9					7	1		2
		6		5	3			8
		1		3		6		9
	8						5	
3		9		4		8		
6			5	8		9		
7		5	9					1
								5

### Yesterday's Solution

7	6	3	9	1	5	2	8	4
4	2	9	8	7	6	1	3	5
8	5	1	4	2	3	9	6	7
1	7	2	3	9	8	4	5	6
9	3	4	6	5	2	8	7	1
6	8	5	7	4	1	3	9	2
3	9	7	2	6	4	5	1	8
2	1	6	5	8	9	7	4	3
5	4	8	1	3	7	6	2	9

**Need more Sudoku?**  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

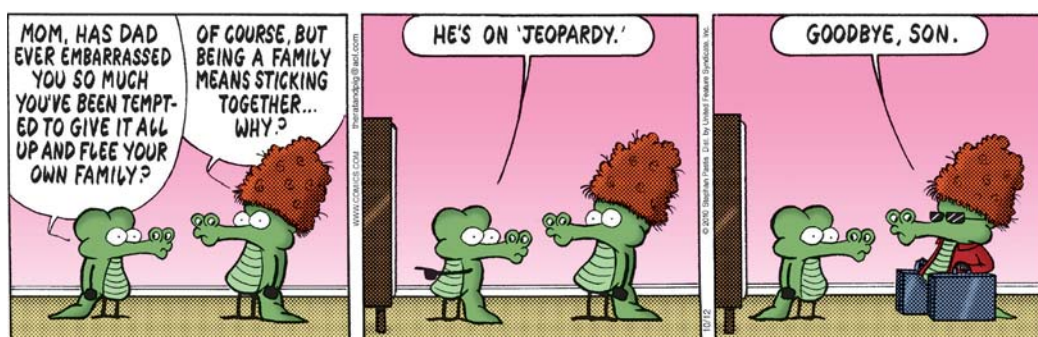
## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



80 | 54

**Today:** Warm today with a shower or thunderstorm. Patchy clouds tonight.



70 | 52

**Tomorrow:** Partial sunshine tomorrow. A passing shower late tomorrow night.

### Looking Ahead



THU



FRI



SAT

62 | 50 62 | 50 65 | 51

### Sun and Moon

Sunrise today: 7:14 a.m.  
Sunset today: 6:34 p.m.  
Moonrise today: 12:42 p.m.  
Moonset today: 10:11 p.m.

### Almanac

Normal high: 70  
Record high: 90  
Normal low: 51  
Record low: 33

FORECAST BY ACCUWEATHER.COM ©2009



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XX180 2x3

# lookout puzzles

## Crossword

### JUNGLE WARFARE

#### ACROSS

- 1 Bidder's amount
- 6 Knit one, \_\_\_\_ two
- 10 Electric resistance units
- 14 Roomy dress design
- 15 Holder for needles and things
- 16 Hit on the head
- 17 Punjab prince
- 18 Snare
- 19 Cylindrical farm structure
- 20 Doesn't avoid difficulties
- 23 Dinner exhortation
- 24 Astronomical wonder
- 25 Devotee
- 28 Rips off
- 31 Make sterile, in a way
- 35 Collections of miscellany
- 37 Insignificant amount
- 39 Gymnastically inclined
- 40 Look perplexed
- 43 Letter before beth
- 44 Regretful one
- 45 South American monkey
- 46 Small wound
- 48 Same-aged sibling
- 50 Dime novelist Buntline
- 51 Boss Hogg's deputy
- 53 Cape sighted from the Mayflower
- 55 Police play
- 62 Left on board?
- 63 Narc's seizure
- 64 Cove's cousin
- 66 Symbol of a deity
- 67 Ransack
- 68 Where "Aida" premiered
- 69 Frosted Flakes mascot
- 70 "Anything \_\_\_\_?"
- 71 Deteriorate

#### DOWN

- 1 Stroke's implement
- 2 Trimming target
- 3 Pacific country with over 300 islands
- 4 Related on the mother's side
- 5 Try a criminal case again

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
	20					21					22			
				23				24						
25	26	27		28		29	30		31			32	33	34
35			36		37			38		39				
40				41					42					
43						44					45			
46						47		48		49		50		
				51			52			53		54		
55	56	57					58	59				60	61	
62						63				64				65
66						67				68				
69						70				71				

EDITED BY TIMOTHY E. PARKER

- 6 Closely confined (with "up")
- 7 Great Salt Lake home
- 8 "American Idol" champ Studdard
- 9 Portugal's capital
- 10 Vigorous attack
- 11 Frozen precipitation
- 12 Frequent flier's unit
- 13 Position on the roster
- 21 Not overly emotional
- 22 Eye layers
- 25 Kind of spray for allergies
- 26 Napoleon Solo's employer
- 27 Empty shipping containers
- 29 Famous physicist Niels

- 30 Stocky
- 32 Marketing strategy
- 33 Bring joy to
- 34 Took a new crack at
- 36 With insight and wisdom
- 38 From the start
- 41 Beachwear that leaves little to the imagination
- 42 "Fear of Flying" writer Jong
- 47 Lo mein ingredient
- 49 It's served, sometimes
- 52 Thread holder
- 54 Kuwaiti monetary unit
- 55 Hot rod?
- 56 Bit of commotion
- 57 Token in Monopoly
- 58 Collection of narrative

- poems
- 59 Network of nerve fibers
- 60 Mix of leftovers
- 61 Square
- 65 Balance beam gripper

#### Yesterday's Solution

1	2	3	4	5	6	7	8	9	10	11	12	13		
S	T	A	M	P	V	A	S	T	G	R	O	W		
L	A	M	A	R	E	T	C	H	R	O	U	E		
O	P	I	N	E	L	O	R	E	E	I	R	E		
23	P	A	R	T	A	N	D	P	A	R	C	E	L	
23	L	A	P	A	M	Y	G	M	A	N				
23	24	25	26	27	28	29	30	31	32	33	34	35		
A	P	L	E	B	O	R	B							
36	37	38	39	40	41	42	43	44	45	46	47	48		
O	L	L	A	O	N	U	S	E	A	S	E	L		
49	50	51	52	53	54	55	56	57	58	59	60	61		
O	P	E	N	A	N	D	S	H	U	T	C	A	S	E
62	63	64	65	66	67	68	69	70	71	72	73	74	75	
H	A	N	E	S	E	A	T	K	A	T	E			
76	77	78	79	80	81	82	83	84	85	86	87	88	89	
A	D	A	G	E	S	H	E	D	C	A	R			
90	91	92	93	94	95	96	97	98	99	100	101	102	103	
P	I	N	T	R	E	B								
104	105	106	107	108	109	110	111	112	113	114	115	116	117	
P	O	S	T	O	F	F	I	C	E	B	O	X		
118	119	120	121	122	123	124	125	126	127	128	129	130	131	
P	A	I	L	A	R	I	L	A	L	O	N	E		
132	133	134	135	136	137	138	139	140	141	142	143	144	145	
U	G	L	I	S	L	E	L	I	N	E	N			
146	147	148	149	150	151	152	153	154	155	156	157	158	159	
P	O	L	S	L	O	M	E	S	E	S	A			

## Today in History

- 1492** Christopher Columbus arrives with his expedition in the present-day Bahamas.
- 1810** Oktoberfest is first held in Munich to celebrate the wedding of Bavarian Crown Prince Ludwig and Princess Therese of Saxe-Hildburghausen.
- 2000** Seventeen sailors are killed in a suicide bomb attack on the destroyer USS Cole in Yemen.

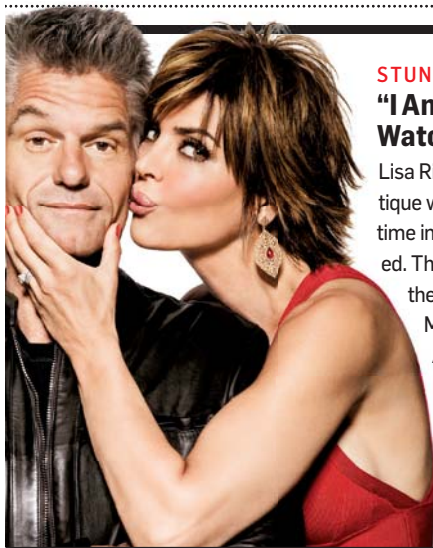
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**STUNTS?****"I Am Outraged! Also, Watch 'Harry Loves Lisa'"**

Lisa Rinna and Harry Hamlin's boutique was broken into for the second time in two weeks, TMZ.com reported. The thief was recorded entering the Sherman Oaks, Calif., store on Monday morning. Hamlin says ADT, the security company, left him a message at 6:25 a.m. that the alarm went off. But when Hamlin called back, he says, ADT put him on hold "forever." (EXPRESS)

**IN TROUBLE****Lindsay Lohan and Paris Hilton Quiet Today**

A lawyer for Vince Neil entered not-guilty pleas Monday for the Motley Crue singer on misdemeanor drunken-driving and speeding charges. Neil did not have to appear in person, and the trial was set for Jan. 6. Neil is accused of driving his Lamborghini sports car 60 mph in a 45 mph zone while intoxicated, near the Las Vegas Strip. (AP)



A little face powder and a comb could have made a real difference here.

**Orange Alert****We Look Forward To His Inevitable Public Shaming**

Nicole "Snooki" Polizzi has a new boyfriend, Jionni LaValle, Usmagazine.com reported. "She was hesitant because he isn't the typical gorilla," a source told Us. Snooki debuted her man at a club gig this weekend. "Jionni ... isn't trying to be in the spotlight," the source said. (EXPRESS)



Tree nymphs, water sprites and elves served as Crystal's bridesmaids.

**LEFTOVERS****Famous People Take Columbus Day Off**

"American Idol" finalist Crystal Bowersox wed her musician boyfriend, Brian Walker, on Sunday in Chicago, Usmagazine.com reported. Bowersox's toddler son, Tony, was the ring bearer. Walker and Bowersox got engaged in September, just four months after she and Tony's father split up (the day before the Season 9 "Idol" finale). Her gown, a hemp and cotton affair adorned with macramé, seashell and bead detailing, was created in the designer's solar-powered studio, People.com reported. (EXPRESS)

**OVERSEAS****News Day So Slow We Had To Import Foreign Items**

George Michael was released from jail Monday after serving almost four weeks for driving under the influence of drugs. Michael thanked those who had supported him while he was jailed and said outside his north London home: "I just want to start again." Michael received an eight-week sentence on Sept. 14 for crashing his car into a London photo shop while high. (AP)

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— TERESA GIUDICE  
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